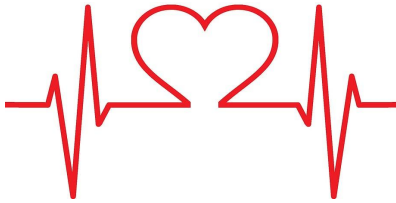




## Notes From The Nurse...



Friday, Feb 3, 2023



February is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. You can find more info at <https://www.cdc.gov/heartdisease/>.



As temperatures drop in the winter, the body needs more water to keep itself warm and functioning properly. Staying hydrated during winter helps to keep the body warm, which can help prevent fatigue. Additionally, water helps to flush out toxins and supports the body's metabolism, which can help to increase energy levels. As a general rule to get enough water, children should drink at least 6 to 8 (eight-ounce) cups of water a day.

### **Reminders:**

- Any child who vomits, has diarrhea, or has a fever of 100.4 or higher, should not attend school until they are fever-free (without the use of fever-reducing medicine) and/or have not vomited or had diarrhea for a full 24 hours.
- See [www.redcross.org/](http://www.redcross.org/) if interested in CPR/AED training.
- Please continue to encourage your child to cover their coughs and sneezes and to wash their hands often with soap and water or sanitizer.

**Riddle:** What has a Heart but no other organs? Please ask your child to QUIETLY give me their best answer.

Thank you very much, feel free to contact me with any questions or concerns.

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