

## Wellness Wednesday Timely Tidbits

Introduction: Your health is closely connected with your ability to be in school and ready to learn. Your school nurses, will be providing “Wellness Wednesday” health tips to help teach you things you can do to stay healthy. Today’s topic is...



### **January 21**

#### Brrr, It's Cold Outside!

Does that mean you need to stay indoors? Of course not unless the cold is extreme, but here are some important tips for dressing for cold weather:

--Dress in layers; this way you can remove layers if you start to sweat when you exercise. Sweating causes you to lose body heat.

--Cover all exposed skin: Always wear a warm hat that covers ears, gloves or mittens that cover your full wrist, and a scarf or ski mask to protect your face and neck. Did you know that mittens actually keep your fingers warmer than gloves?

--If your clothing gets wet, go inside and change into dry clothing as soon as possible.

--Shivering is a sign that it's time to go in because it means that your body is losing heat.

--Remember to wear appropriate footwear to keep your feet warm and to prevent slipping on the ice. This means no flip-flops or high heels!

### **January 28**



#### Flu Basics/What's a Fever?

We are now into the cold and flu season. Do you know the difference between the two? Flu symptoms tend to start quickly. One minute you are fine and the next minute you feel awful. Your body aches. Your head hurts. You are all over tired. If you experience these signs, you have the flu and should stay home. **Remember** if you run a fever or vomit, our district recommends that you stay home for 24 hours after your fever returns to normal. Take care of you body!