

## Staying Healthy this School Year

*By Laura Drew*

[www.CarolinaCareerCoach.com](http://www.CarolinaCareerCoach.com)

The news is all abuzz with swine flu and school closings. I dare say it is worse than “Summer of the Shark”. Yes, flu, be it H1N1 or the standard seasonal strains, flu is dangerous. But there are things you and your family can do to keep healthy this school year.

- Ask your doctor about a flu shot. The Centers for Disease Control recommend children, pregnant women, care-givers and seniors get a flu shot. Check with your doctor about the standard flu shot and the H1N1 shot due out in November.
- Ask your doctor about a multi-vitamin. If your child is not already taking a multi-vitamin, maybe this is a good time to start. It is better to get your vitamins from nutritious eating, but vitamins can be a good alternative, especially with picky eaters.
- Wash your hands. We hear it all the time, but hand washing does decrease the spread of germs. Rule of thumb; wash your hands while singing “Row, Row, Row Your Boat”. After singing it straight through three times, you’re done! A quick splash under the water will not do.
- Hand sanitizer is always a great alternative. I don’t recommend its unsupervised use by small children, since it contains alcohol and can be poisonous if swallowed, but for older children, it’s great, especially on field trips or the bus.
- Cover your nose and mouth when you sneeze and wash up or sanitize afterward.
- If you suspect your child may have the flu, especially if they are running a fever, **ISOLATE THEM AT HOME.**

Taking a few precautions can help protect the family from cold and flu season.

One final note: Welcome back to school everyone! Go get em’!