



Nurse Notes

Southwest ISD Health Services Department



January 2015

Stay Home If You're Sick!!!

Hospitals in San Antonio are being kept busy with large numbers of patients seeking care for flu-like illnesses this year. SWISD nurses are seeing the same thing in school clinics. It's not unusual to see an increase of students going to the nurse for fevers and flu-like symptoms at this time of year, but the situation is complicated by the fact that the flu vaccine this year is not a good match for most of the viruses people are encountering. So, what can you do?

- ⇒ **Stay home when you are sick! Keep sick students home!** Students who return to school before they have been fever free for at least 24 hours without the use of fever reducing medications increase the likelihood that more students and staff members will get sick. It can become a vicious cycle, resulting in high rates of absenteeism among students and staff. Likewise, adults who have been ill with fevers should follow the same guidelines.
- ⇒ **Practice respiratory etiquette.** Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue available, cough into your sleeve, not onto your bare hands.
- ⇒ **Wash your hands often!** If possible, wash with soap and water. When soap and water are not available, use an alcohol based hand sanitizer.
- ⇒ **Avoid touching your nose, mouth, and eyes.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- ⇒ **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- ⇒ **Get vaccinated!** CDC continues to recommend that unvaccinated people get vaccinated. While some of the viruses spreading this season are different from those in the vaccine, vaccination can still provide protection and might reduce severe outcomes. Parents who want their children to receive the flu vaccine can schedule an appointment with the District's School Based Clinic by calling 358-8255.

Grandma Was Right: Chicken Soup Is Good For A Cold, Not Just The Soul!



A steaming bowl of chicken soup is a welcome meal on a cold day, but it brings more to the table than just flavor.

The hot liquid will help soothe a sore throat and keep nasal passages moist. A hearty chicken soup packed with vegetables may also ease such cold and flu symptoms as congestion and coughs.

Classic Chicken Soup

1 Chicken
6 carrots, peeled
4 celery stalks
1 large onion, quartered
2 1/2 tps. Salt

Directions:

1. Place the chicken in a large pot. Cut 3 of the carrots and 2 of the celery stalks into 1 inch pieces. Quarter the onion. Add the cut vegetables to the pot with the salt, pepper, and enough cold water to cover the chicken. Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through.
2. Transfer the chicken to a bowl and let cool. Strain the broth, discarding the vegetables. Return the broth to the pot. Thinly slice the remaining carrots and celery. Add them to the broth and simmer until tender, about 10 minutes. When the chicken is cool enough to handle, shred the meat and add it to the soup. Enjoy!