



It's cold and flu season!

Your body is a germ fighter!

How can you help your body fight germs???

- Eating and drinking healthy food and drinks.
- Stay away from anyone with a cold or the flu.
- Visit your doctor and dentist regularly for checkups.
- **The best way to fight germs is to wash your hands with soap and water to get rid of the germs.**

Return to school.

If students are out of school for fever, they must be fever free for 24 hours prior to returning to school. If you have any questions, please contact the Health Office.

Notices:

Screenings for vision, hearing and height/weights have been completed! Your student's "health report card" will be going out in the mail during the month of November. If your child has been referred for further vision testing and is not covered by insurance, please contact mtemplin@ottoeldred.org as there are programs available for assistance!