

# Shelby County Schools Coordinated School Health

December 2018



## Hand Washing...Make it a Family Rule

### When Should We Wash Our Hands?

- Before eating and cooking
- After using the bathroom
- After cleaning around the house
- After touching animals, including family pets
- Before and after visiting or taking care of sick individuals
- After blowing your nose, coughing or sneezing
- After being outside (playing, gardening, walking, etc.)



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### Health Headlines

#### **Hand Washing**

#### **Holiday Survival**

#### **World AIDS Day**

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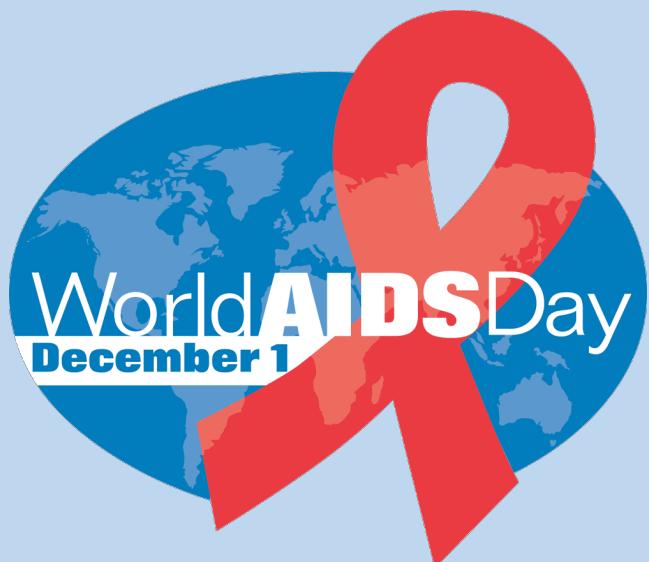


## Holiday Survival World AIDS Day



The holidays are our time to let loose, enjoy some much needed time with family and friends and to get away. During those times make sure not to throw all your cares away such as your healthy habits and routines. Below are some things to remember in the mist of the Holiday Fun...

1. Get Plenty of Sleep at Night— at some point you will have to go back to work and the kids will have to go back to school. Don't change your sleep habits too much or it is harder to adjust for all later on!
2. Practice Good Eating Habits— This is a great time to practice self control. There will be an abundance of sweet and savory at every corner this time of year. Make sure you and your family are not missing any meals and overeating at other times.
3. Find some Winter Activities— The sun takes a backseat but our bodies needs don't. With cold weather comes adjustments in taking care of our health. Find activities to stimulate your mind and the kids around the house such as puzzles and board games. Start an impromptu snow ball fight if we are lucky enough to get snow!



Take the time to become aware and to remember those who have been affected by this disease. We will be doing just that on November 30th at Westwood High at 1:30pm.

For more information on testing and the ways to prevent this disease from spreading...

<https://www.cdc.gov/hiv/basics/testing.html>

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