**5 Health Reminders for Parents and Students**

Here are a few reminders parents and students should keep in mind when it comes to staying healthy this school year.

1. **WCS Illness Policy**  
   Knowing when your child should stay home from school is an important part of preventing the spread of illness.  Parents should make sure they are aware of the district’s illness policy, which contains guidelines for determining whether or not a student should be at school.  [**CLICK HERE**](https://www.wcs.edu/wp-content/pdf/HealthServices/WCS-Illness-Guidelines.pdf)to view the WCS Illness Policy.
2. **Cold and Flu Season**Cold and flu season will be here before you know it.  Students and staff should always practice good hygiene by washing hands frequently with soap and water and by covering their noses and mouths when they cough.  According to the health department, the best way to prevent the flu is by getting a flu vaccination each year.  [**CLICK HERE**](https://www.wcs.edu/wp-content/pdf/HealthServices/Influenza-Flu.pdf) for additional information about the flu and how it is spread.
3. **Head Lice**It is important for parents/guardians to check their child for the presence of head lice and their eggs/nits, especially when a child is scratching his or her head a lot and complaining of an itchy scalp.  Parents should perform the appropriate treatments, seek medical attention when necessary, and report this to their school nurse.[**CLICK HERE**](https://www.wcs.edu/wp-content/pdf/HealthServices/Head-Lice.pdf) for additional information on head lice.
4. **Pertussis or Whooping Cough**Parents should also be mindful of pertussis (also known as whooping cough).  Pertussis is a highly contagious illness that begins with mild, cold-like symptoms including cough and runny nose. Pertussis is not uncommon because people can catch it more than once in their lifetime.  The best way to reduce your risk of pertussis is to receive the recommended vaccinations and consult a healthcare provider for prolonged cough illness.  [**CLICK HERE**](https://www.wcs.edu/wp-content/pdf/HealthServices/Pertussis-Whooping-Cough.pdf) for additional information regarding pertussis.
5. **Prevention**

Washing our hands is easy to do. It can prevent so many infectious diseases. Let us all make a concentrated effort to wash our hands, not only during cold and flu season, but year round.

To use effective hand washing technique:

Wash hands 1) before and after eating meals, 2) after using the restroom, 3) after sneezing, coughing, or blowing your nose, and 4) after playing outside and with animals.

Use warm, running water and soap. If you use liquid soap, use about one teaspoon. Be sure to rub your hands together vigorously for 20 seconds. Don’t forget to rub between fingers and clean underneath the fingernails. Rinse off soap thoroughly and dry your hands with paper towels or a hot-air dryer.