

STAY HEALTHY THIS WINTER SEASON!



PHONE (541) 607-1430



Practice good hand-washing



Eat well-balanced meals rich with fruits & vegetables



Stay physically active



Get good sleep at night



Keep immunizations up-to-date*

SCHOOL POLICY REDUCES THE SPREAD OF ILLNESS



Keep sick children home from school. You can email their teachers to find out what they might be missing.



If children have had a fever, vomiting or diarrhea in the last 24 hours, it is especially important to keep them home from school.



Remember children who are absent during the school day may not participate in after-school activities that day.



If your child has started an antibiotic for illness like Strep Throat or Pink Eye, they cannot return to school until 24 hours after starting the medication.

**Including the flu shot annually. If you're not sure re: your child's status, check with your doctor's office. Typically, school children receive vaccines at age 4-6, then 11-12 and finally at 16.*

SCHOOL-BASED HEALTH CENTERS
of EUGENE/SPRINGFIELD
HealthyStudentsSucceed.org