

# The Nurse Is In!

January 2021

## New Year, New You

Welcome to a New Year and hopefully a better one than 2020.

New Year.  
New Feels.  
New Breath.  
New Chances.  
Same Dreams.  
Fresh Starts.

☆☆ I DARE YOU TO BELIEVE IN YOURSELF ☆☆



Counseling Project



Food Pantry



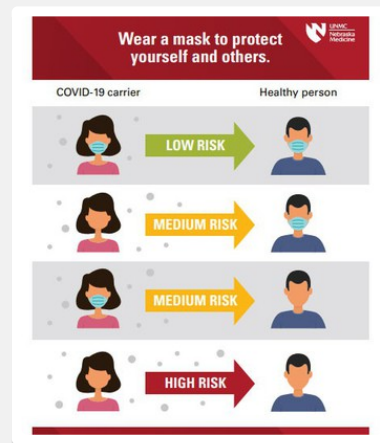
Internet Need

I would like to make sure that all of the FLES families are aware of the support out there with some of the needs that people may have. If there is a specific need, please do not hesitate to reach out to me via email so I can help direct you to the right resources.



## Winter Safety Tips

Be Safe, While Having Fun



## Wear your Mask and Socially Distance

Be Safe and Wear The Mask

## WINTER SAFETY TIPS

Whether winter brings severe storms, a few inches of snow, light dustings or just cold temperatures, there are some valuable tips on how to keep your children safe and warm.

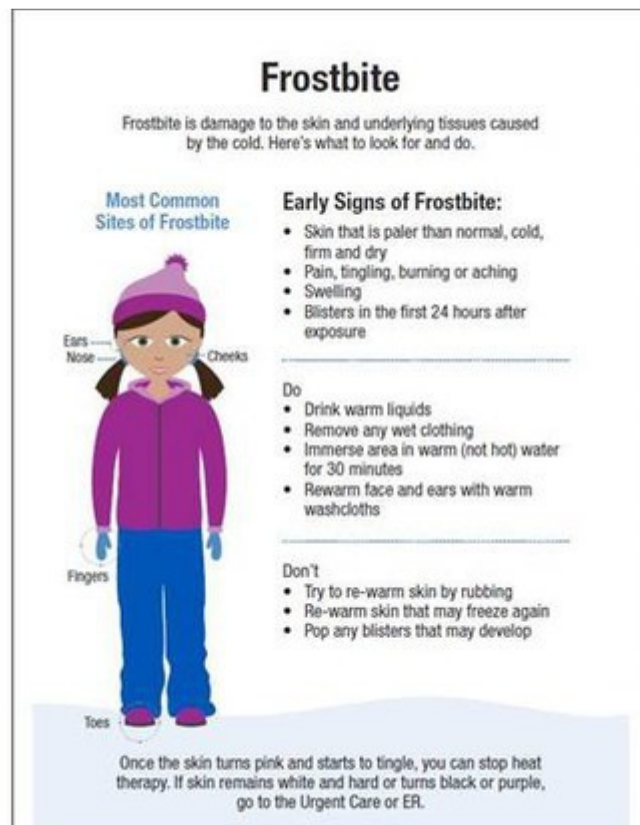
- Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
- Play it safe. Even when roads are closed to traffic, it is not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.
- Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
- Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they are cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
- Use sunscreen. Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
- Use caution around fires. Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put-up protective gates when possible. If you have lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
- Get trained and equipped. Children should wear helmets when snowboarding, skiing, sledding, or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
- Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.

· Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water and try giving them warm drinks and soup for extra appeal.

· Watch for danger signs. Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness.

**If you think your child has hypothermia call 9-1-1 immediately.**

Adapted from: Save the Children, American Academy of Pediatrics, University of Michigan Health System



## Wear a Mask to Protect Yourself and Others

Wear your mask and remember to keep Social Distance



Why Do People Wear Masks? | Jack Hartmann| Face Mask Song



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