

February 2024

## REMEMBER WATER!

- It regulates body temperature
- The digestive system depends on it
- It boosts performance during exercise



From

# NURSE MADDY & NATALIE

## STAY HEALTHY

1. wash and dry your hands regularly.
2. cover your mouth and nose when coughing or sneezing.
3. dispose of tissues correctly.
4. stay home when feeling unwell.
5. avoid close contact with sick people.
6. avoid touching your eyes, nose or mouth.

## COVID AND INFLUENZA

Please call the nurses office or email us with the day of onset or diagnosis. We can reply with your child's return date.

**MCMSNurses@usd232.org**  
**913-667-3512 opt. 2**

## Screenings

**Vision and Hearing screenings** -We Will be finishing soon. Please have your child wear or bring their glasses with them if they don't always wear them

**Dental Screenings**- If you would like your child to participate in a Dental screening. Please email us at

**MCMSNurses@usd232.org by February 9.**

