

Healthy Holidays

Tips to keep the germs away





Our immune system is our first line of defense against infections. Keeping it healthy can help you avoid getting sick when you are exposed.

- Eat a balanced diet
- Drink lots of water
- Get plenty of rest
- Exercise regularly







Wash your hands

Hand washing will also help keep your seasonal allergies to a minimum



Comparing symptoms

	Coronavirus 	Cold 	Flu 	Seasonal Allergies 
SYMPTOMS	Mild to severe	Gradual onset	Abrupt onset	Improve or worsen
Fever	Common	Rare	Common	No
Fatigue	Common	Sometimes	Common	Sometimes
Cough	Common (usually dry)	Mild	Common (usually dry)	Sometimes
Sneezing	No	Common	No	Common
Aches and pains	Common	Sometimes	Common	No
Sore throat	Sometimes	Common	Sometimes	Sometimes
Runny or stuffy nose	Sometimes	Common	Sometimes	Common
Diarrhea	Rare	No	Sometimes in children	No
Headaches	Sometimes	Sometimes	Common	Sometimes
Loss of smell or taste	Sometimes	No	No	No

I NEED TO STAY HOME IF...



fever

vomiting

diarrhea

rash

eye
infection

hospital
stay/ ER
visit

temperature
of 100.4 or
higher

within the
past 24 hours

within the
past 24 hours

body rash
with itching or
fever

redness,
itching and/or
"crusty"
drainage from
eye

hospital stay
or ER visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM...

fever free for
24 hours without
the use of fever
reducing
medication

free from
vomiting for at
least 2 solid
meals

Free from
diarrhea for at
least 24 hours

free from rash
itching or fever.
I have been
evaluated by a
doctor, if
needed.

Evaluated by a
doctor and
released to
return to school

Released by a
medical
provider to
return to school

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Covid and Flu A&B testing

**Please reach out to your school nurse or administration for COVID home test kits. We are happy to provide these tests to CCSD families.

**Coming soon.....

CCSD will be offering FREE Covid and Flu A&B rapid testing for students, staff and household members. The sites will be the same ones from last year that offered the COVID testing. All tests will be rapid.



Vaccines are Available!!



Get the
SHOT

A red outline icon of a syringe, positioned diagonally across the word "SHOT".

Not the
FLU!

A green outline icon of a virus particle, featuring a central core with several spikes or protrusions extending outwards.

Daily Fitness Challenge for Kids



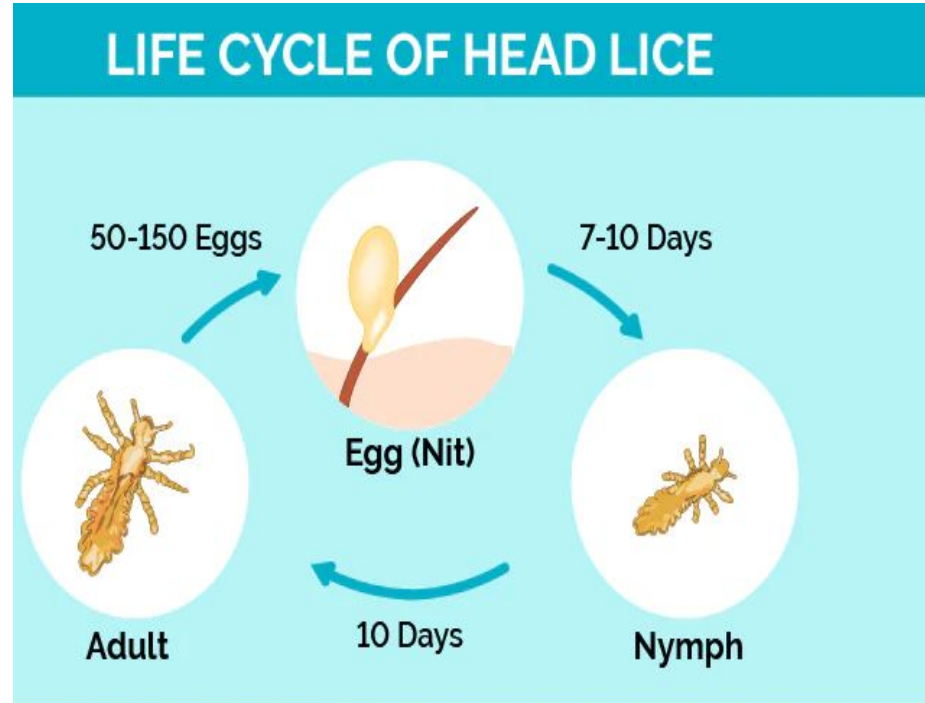
- | | |
|------------------------|------------------------|
| A: 10 Jumping Jacks | N: 4 Lunges |
| B: 30 Second Plank | O: 3 Burpees |
| C: Crab Walk | P: 10 Second Butterfly |
| D: 10 Push Ups | Q: Run in Place 1 Min |
| E: 10 Sit Ups | R: 7 Jumping Jacks |
| F: 5 Cartwheels | S: 4 Leg Kicks |
| G: Headstand | T: 5 Sit Ups |
| H: 4 Somersaults | U: 15 Second Plank |
| I: Duck Walk | V: 3 Cartwheels |
| J: Jump In Air 5 Times | W: Crab Walk |
| K: Touch Toes 6 Times | X: 2 Somersaults |
| L: Spin Around 3 Times | Y: 5 Lunges |
| M: 10 Leg Kicks | Z: Duck Walk |

Spell each day of the week for a daily workout!



What to do if Lice comes to the party

Holiday gatherings can lead to an increased spread of other things. Lice are a crawling insect, they can not hop, jump or fly. They live in human hair and are spread by close contact and shared belongings.



How to treat lice

To properly treat head lice, you need to understand the insect. Head lice can be found in one or more of these forms:

- Head lice eggs (**nits**) are firmly attached to the base of the hair. They may look like dandruff, but if you examine them with a magnifying glass, you can see that nits are oval-shaped and not flat.
- The egg produces a **nymph**, which has a greyish-white color and goes through three stages before becoming an adult.
- **Adult head lice** are tan-colored and can be seen moving quickly along the hair or across the scalp.

All three generations of head lice need to be nonviable, or dead, to get rid of head lice for good.

Your first line of defense against head lice is an over-the-counter (OTC) head lice treatment that typically comes in the form of shampoo. The main difference between various products is the active ingredient and which stages of head lice it kills. Most OTC head lice treatments don't kill nits, so a second application may be necessary to kill the nymphs once they hatch

