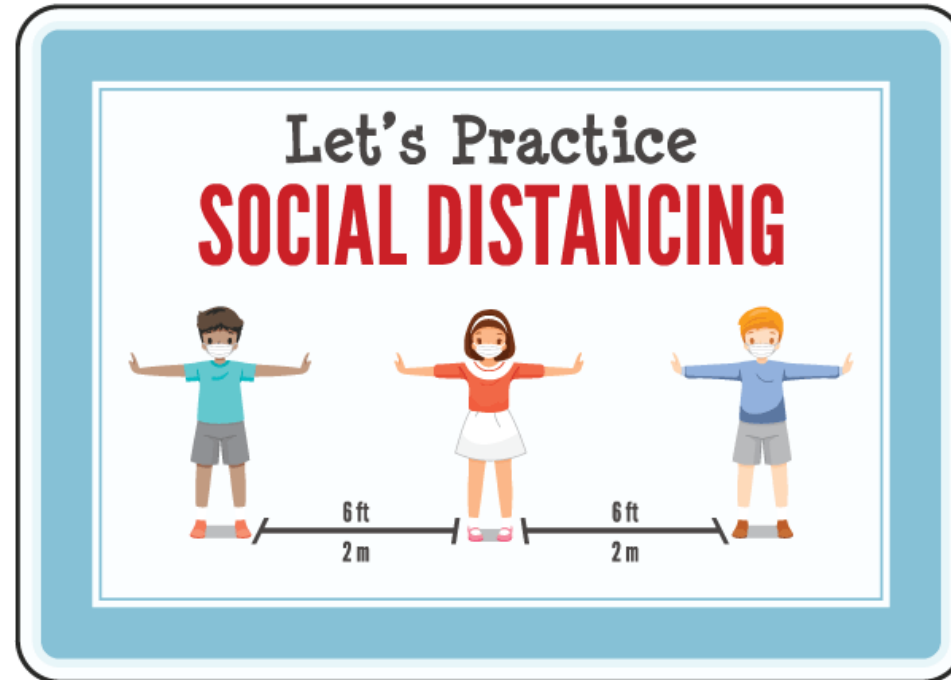


School Nurse - Newsletter.

February, 2021

Winter Health and Safety



Union County Information

Union County Vaccination Registration Portal

Visit www.ucnj.org to register to receive Covid-19 vaccination in Union County. The county is offering Moderna vaccine to eligible residents. The site will only enable those who are eligible to register at this time including those working in healthcare settings, long term care staff and patients, law enforcement and fire professionals, and residents 65 and older. The vaccination clinic is located at Downs Hall at Kean University and currently is open 5 days/week, 3pm-7pm.

Union County Free Covid Testing

Visit www.UCNJ.org/covid19/
908-518-4307

Testing is available to anyone in Union County.
Protect yourself and your loved ones as well as your community by getting tested:

- If you have symptoms of fever, cough, shortness of breath, chills, sore throat, muscle pain, headache or loss of smell/taste. GI symptoms: nausea, diarrhea.
- Are an essential worker
- Had close contact with someone covid positive
- Were in large crowds, not socially distanced
- Traveled out of state, country

***Outdoor Winter Fun and Safety Tips ***

- Wear warm layers of clothing: A thermal shirt, sweater, and warm coat. Thermal pants, snow/ski pants, warm socks, boots. Hat, scarf and gloves or mittens.
- Use proper gear if sledding, skiing and snowboarding: a wellfitting helmet, elbow and knee guards. Use a steerable sled and sit up, don't sled head first.
- Don't forget the sunscreen- yes you can get sunburn in Winter.
- Stay hydrated- drink water and have warm soup when you go inside.
- Always have adult supervision
- If you start shivering or teeth chattering- go inside and warm up.
- More info at: [Nemours KidsHealth - the Web's most visited site about children's health](#)

February is Heart Health Month/ Go **Red for Women** on February 5th



American Heart
Association



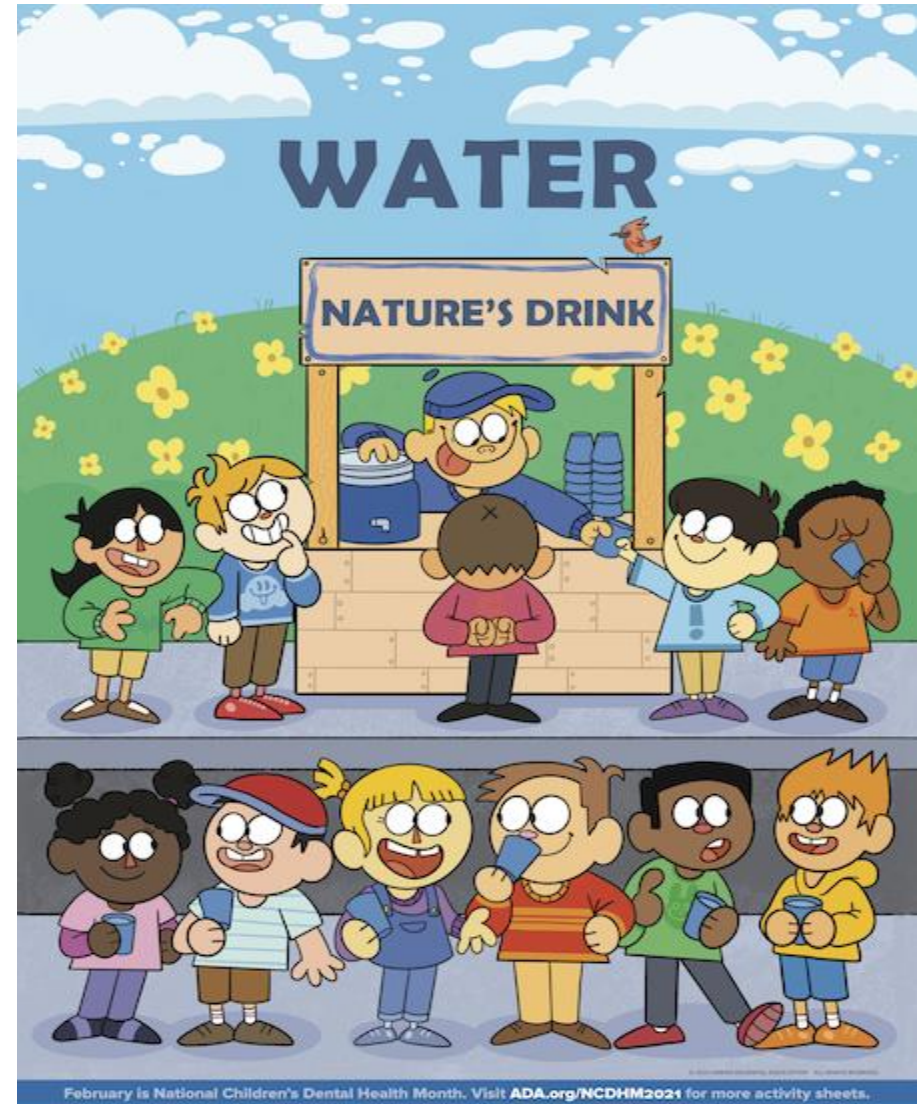
Learn and Live

Ways that families can stay healthy together in 2021

- . Exercise - go for family walks, walk the dog; go skating, sledding, visit outdoor venues when the weather permits, like going to a zoo, nature center or park.
- . Eat healthy- try new recipes; add more fruits and vegetables; have “meat-free” days. For more healthy eating information, visit Rutgers’ Cooperative Extension @ ucnj.org/rce or call 908-654-9854.
- . Indoor activities- Visit “GoNoodle.com” for free family access options, or try “Brain Breaks” for fun physical activity breaks. Play board games, checkers or card games. Go to YogaKids.com for some guided meditation.
- . Learn CPR.
- . **Wear RED on February 5th to promote a healthy heart.**

February is also Children's Dental Health Month

- The 2021 slogan for National Children's Dental Health Month, which is celebrated every February, is "Water: Nature's Drink." 😊
- Brush your teeth twice a day with a fluoride toothpaste
- Learn how to floss your teeth
- Replace your toothbrush every 3-4 months, and after you have been sick
- See your dentist for a check-up every 6 months
- Snack healthy!



HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

SPONSORS



Local Outdoor events in Union County

Union County February Festivities Weekend at Trailside Nature and Science Center in Mountainside

Friday, February 13, Saturday, February 14, and Monday February 15

For families with children age 4 and up

Visit www.ucnj.org/trailside or call 908-789-3670 for reservation.

Learn about the Great Backyard Bird Count February 12-15th!

To participate, watch birds for 15 minutes or more at least once during the 4 days from February 12-15th. For more information visit:

www.birdcount.org, and check out the app- Merlin Bird ID app