



# Christina School District

## Health and Wellness Updates

*December 2023*

### **CSD Staff, Students and Families:**

The following is guidance to support your health and wellness during the 23-24SY and to help you decide whether or not to come to school/work when you are not feeling well.

### **Tips to protect yourself and others from contagious illnesses and to help stop the spread of germs:**

- Practice good health habits such as getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids and eating nutritious food
- Clean your hands often with soap and water or an alcohol-based hand sanitizer to prevent the spread of germs: <https://www.cdc.gov/handwashing/>
- Avoid touching your hand, nose or mouth
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing
- It is encouraged that you stay home when you are sick
  - When you are sick, keep your distance from others to protect them from getting sick too
  - Please be fever-free for 24 hours before returning to school
- Avoid close contact with people who are sick
- Disinfect frequently touched surfaces such as door knobs and mobile devices

### **CDC COVID-19 Guidance**

There are currently no requirements/State mandates for COVID-19. Please refer to the CDC guidance for more information/recommendations.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

- Covid.gov is providing free at-home covid test kits. See on the click below and follow instructions if interested in ordering kits for you/your families:  
<https://www.covid.gov/tests>

## **Cold vs Flu**

- <https://www.cdc.gov/flu/symptoms/coldflu.htm>

## **Flu Prevention Guide**

- <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

## **Flu vs COVID-19**

- <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

## **CSD will be hosting vaccination clinics**

- Students and Families: Stay tuned for additional information
- Staff: Please reach out to your school nurse for information on vaccine clinics in your building