



# *The Nurse's Corner*

Hygiene is a set of practices performed to preserve health. According to the World Health Organization, "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."

**Personal hygiene refers to maintaining the body's cleanliness, and is a set of skills that need to be taught to children.**

**We are asking for your help by teaching and reminding your child to:**

**Go to the bathroom independently including:**

- Unbutton pants, take down and up pants without getting urine or BM on clothing.
- Wiping themselves from front to back.
- Washing hands with soap and water after using the bathroom.

**Getting dressed:**

- Wear and put on clean clothes, including underwear, every day.
- Wear socks inside their sneakers and change daily.

**Bathing:**

- Take a bath/shower every day for middle and high school and every other day for Elementary children.
- Shampoo and rinse hair effectively.
- Wash all of their skin (especially the groin area).

**Grooming:**

- Brush their teeth 2 times every day.
- Comb and brush their hair every day.
- Trim and clean under fingernails.
- Wear deodorant (if age appropriate/applicable).

**Meals:**

- Wash hands before and after meals/snacks.
- Wash face after meals/snacks to remove any food residue.

## **COMMON INFECTIOUS DISEASES that can result from poor hygiene practices**

- 1. Athletes foot- daily wash and dry feet well.**
- 2. Body lice - spreads easily when an infected person does not treat effectively**
- 3. Head lice - spreads easily when an infected person does not treat effectively**
- 4. Chronic Diarrhea - parasitic, bacterial or viral infection**
- 5. Dental Caries - cavities from lack of brushing and flossing**
- 6. Skin Disease- ringworm, scabies, infections**

If you have any questions, please contact the school nurses:

Katy Stokke, RN - [kstokke@spirit-lake.k12.ia.us](mailto:kstokke@spirit-lake.k12.ia.us) - 712-336-2822 ext 4830

Cindy Hilpipre, RN - [chilpipre@spirit-lake.k12.ia.us](mailto:chilpipre@spirit-lake.k12.ia.us) - 712-336-2822 ext 4830