

# Health Habits from the PH Health Services Staff

Practicing healthy habits at home and school is very important for your student's overall wellness. Many studies have shown a link between healthy behaviors and improved academics, as well as overall improvement to mental and physical health. Below are some great ways to help your student to be their best.

## Clean hands

1. Wash with warm soapy water for at least 20 seconds. Pat or air dry.
2. Use an alcohol based hand sanitizer. Rub hands until dry.
  - a. Only use if there is NO visible soiling.
3. Wash before and after eating, after using the bathroom, after a cough or sneeze.



## Exercise

Regular exercise boosts the immune system, promotes cardiovascular health, and increases endorphins (happy hormones) promoting good mental health.

## Cover your cough or sneeze with your elbow

COVER COUGH AND SNEEZE



shutterstock.com - 1671979021

## Eat and Drink Water on a Regular Schedule

\*\*Eating plenty of fruits, vegetables, and lean proteins boosts the immune system, and gives students the energy they need to feel good all day. Eating regularly also helps to prevent many common discomforts such as tiredness, stomach aches, and headaches.

\*\*Drinking plenty of water helps to flush germs from the mouth, and keeps mucus thin. Most germs can not survive in the acid of the stomach, and thick mucus is a source for bacteria to grow. Staying hydrated helps to prevent many common discomforts such as tiredness, dizziness, stomach aches and headaches.

## Sleep

Sleeping at least 8 hours a night is very important for staying happy and healthy. Your body needs time to rest and regenerate, and is particularly important for growing bodies. Getting at least 8 hours of sleep at night has been known to promote mental and physical health as well as improve academic success.

## Get Regular Check Ups

Getting regular check ups with both a health care provider and the dentist is the first line of defense for staying healthy and identifying possible chronic health conditions. Unmanaged chronic conditions and tooth decay are common causes for frequently missed school days which have been linked to a decline in academic performance.

## If Your Student Gets Sick

**Please stay home.** Please follow the **General Exclusion Guideline for Ill Students**, posted on the District's website, and the directions of your health care provider for when to return from an illness.

\*\*If your health care provider does prescribe an antibiotic, it is very important to take the complete course of medication as directed on the prescription label to prevent reinfection.

\*\*Sanitizing frequently touched items around the home with warm soapy water or disinfectant, washing bed linens, and changing toothbrushes can help to prevent reinfection of many common illnesses.

## References

CDC (2022). Health and academics. Retrieved from [https://www.cdc.gov/healthyschools/health\\_and\\_academics/index.htm](https://www.cdc.gov/healthyschools/health_and_academics/index.htm)