**Cold Weather Health Tips**

Dear Parents/Guardians,

The following are just a few cold weather tips to keep your kids happy and healthy during the winter season. As always, check with your pediatrician for any questions regarding these tips. Also, please remember, cough drops ***ARE*** considered a medication in school, and therefore, cannot be given out to students without a doctors order.

* To keep little cheeks and hands from getting chapped (red, itchy, dry, peeling, cracking skin), use lotion and use it often. Lotions WITHOUT perfumes and fragrances work best. Examples:
* Aveeno
* Vaseline
* Neutrogena
* Store brands such as Equate (Walmart), Up & Up (Target)
* To keep little lips from getting chapped, use lip balm and use it often. Lip balm is NOT a medication, and you are encouraged to send one to school with your child to use on those cold days of playing outside at recess. Please label your child’s lip balm and encourage them to keep it in their backpacks, coat pocket or pencil case. Examples:
* Chapstic
* Burts Bees
* Blistex
* Aquafina
* To prevent little noses from bleeding from the colder temperatures outside and the warmer heated air inside, use moisture and water. Examples:
* **Cool Mist Humidifiers** work well if used at night while your child sleeps. Examples: Kenmore, Sunbeam, Safety 1st, PureGuardian
* **Normal Saline Nasal Spray:** No medication, just a plain water squirt into each side of your nose keeps the inside of the nose moist. Examples: BabyAyr, Simply Saline, Ocean Saline, Equate Saline (Walmart brand).
* **Normal Saline Nasal Gel:** No medication needed. Just rub some saline gel in each side of your nose for extra moisture to prevent nose bleeds.
* For those persistent little coughs, sore throats and runny noses **WITHOUT** fever, encourage the little ones to drink fluids and use the ***Cool Mist*** ***humidifier***. Once a fever develops, take your child to the pediatrician for a thorough examination.

\*\*As always, please encourage your children to cover their cough and sneeze to help prevent the spread of cold germs!