

"Winter is here and so are the illnesses that we tend to experience this time of the year. One of the major factors in our general health are our daily habits. In particular, personal habits of washing hands frequently, especially after going to the toilet, covering our cough or sneeze and staying home until fever free for 24 hours, are primary in keeping most illnesses at a minimum. This is a great time to remind ourselves, our students and families to refresh and continue these routine habits.

We have a great local resource for current health related topics in our area. Please check out our local health department's web-links on some of these common illnesses and diseases."

<http://www.co.marin.ca.us/depts/HH/main/hs/PublicHealth/PublicHealthUpdates.cfm>

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Norovirus.aspx>