

C.K. BURNS SCHOOL
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Timothy Kane
Principal

“WHERE EVERYBODY IS SOMEBODY SPECIAL”

Patrick Conley
Assistant Principal

STAYING HEALTHY THIS WINTER

This information was taken from the CDC web site.

Preventing hypothermia (low body temperature)

Dress in layers

Wear scarf and mittens (gloves)

Wear a warm hat (30 % heat loss is through the head)

Drink plenty of fluids and warm / hot drinks Eat regular balanced meals for energy

Infants should be kept in a room in which the temperature is 61-68 degrees

Keep active when it is cold (not until you sweat)

Keep dry and get out of wet clothes as soon as possible.

Try to keep one room in the house warm

Ask your doctor if you are taking any medications that could alter your body's ability to maintain a steady body temperature)

Cut down on caffeine, alcohol and nicotine, since all three-cause heat loss.

Symptoms of hypothermia

Decreased consciousness, sleepiness, confusion and / or disorientation

Shivering, pale or blue skin, numbness, poor coordination and slurred speech

In severe hypothermia, shivering decreases or goes away and the person becomes unconscious and has very shallow breaths

For more information on wood burning / asthma, improving air quality and causes of carbon monoxide poisoning prevention in your homes go to the Maine CDC website and click on the Staying Healthy in Maine's winter link.

If you need assistance with heating fuel, call York County Community Action at 1 800 965-5762 or 324-5762.

Please remind your children to dress warmly when coming to school. Unless it is extremely cold and windy, the children do go outside for recess.

Sandra R. Lauzier R.N.
School nurse