

From the AACMS Health Room



WELCOME SPRING!

I hope this newsletter finds you all well. Things are in full swing here at AACMS and it is so great to see everyone again! The students have been doing a fantastic job navigating the struggles that have come with virtual learning and making the transition back to hybrid learning. Summer is just around the corner and I'm sure we are ready for the break after this past school year. Here are your healthy reminders for Spring!

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Get Outside!

A new tool to fight COVID-19 is on the rise across the United States: **warm, fresh air.**

Spring and summer weather will provide opportunities for people - vaccinated or not - to enjoy low-risk outdoor activities to better their physical and mental health.

COVID-19 can spread outside, but it spreads much more easily inside. It's a development in the fight against COVID-19 because experts are now confident that it's much harder for the virus to spread in outdoor conditions - especially when people wear masks and keep their distance.

What is safe to do outside?

Here are a few examples:

- Go for a walk on the beach or in the park with members of your family
- Exercise outdoors with members of your household
- Playing sports where it's easy to keep distance from your competitors- like tennis or disc golf
- Socially distanced picnics

What is not safe to do outside?

It may be more difficult for the coronavirus to spread outside, but that doesn't mean you should let your guard down.

Tightly packed crowds are still dangerous. Spending long periods of time with people outside your household still increases your risk. Wearing a mask still reduces your risk of catching or spreading the virus.

COVID-19 Vaccines Available to Anyone Ages 16 and Over

COVID-19 vaccines are now available to anyone age 16 and over. There are several places you can look for a vaccination provider. You can visit [VaccineFinder.org](https://www.vaccinefinder.org) for a location near you. Both LVHN and St. Luke's have also opened vaccine appointments

Johnson & Johnson's Janssen COVID-19 Vaccine

The CDC and FDA have recommended that use of Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine resume in the United States, effective April 23, 2021. However, women younger than 50 years old especially should be aware of the rare risk of blood clots with low platelets after vaccination, and that other COVID-19 vaccines are available where this risk has not been seen. If you received a J&J/Janssen vaccine, here is [what you need to know](#). Read the [CDC/FDA statement](#).



5 Reasons Why Warm Weather is Good for Your Health

1. **Get more sunlight:** Sunlight exposure increases your body's vitamin D levels which is critical for your health. Vitamin D can prevent cancer, provide higher energy levels, and keep your bones strong and healthy.
2. **Get physical exercise:** Let's face it, you're probably more motivated to exercise, or just get up and go, when it's nice outside. Regular exercise can help protect you from heart disease and stroke, high blood pressure, noninsulin-dependent diabetes, obesity, back pain, osteoporosis, and can improve your mood and help you to better manage stress.
3. **Warm weather improves your memory:** Research shows that your overall alertness & mental performance is at its best when your body temperature is high. Staying warm in nice weather helps keep you alert and improves your memory.
4. **Warm weather is safer for you:** Flu and cold season occurs during the winter months and is especially bad from December to February. Much of that is due to people being indoors and inhaling virus particles. Getting outdoors in warm weather helps kill off viruses and makes it difficult for viruses to spread, including COVID-19.
5. **Warm weather is better for your heart and lungs:** Cold weather can have a negative impact on your health, especially your heart and respiratory system. When your body works to regulate heat, your blood pressure can increase to unhealthy levels, causing long-term damage.

Stay Hydrated!

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Water is needed for overall good health.

You should drink water every day. Most people should drink 6 to 8, 8-ounce glasses of water each day. While plain water is best for staying hydrated, other drinks and foods can help, too. Fruit and vegetable juices, milk, and herbal teas add to the amount of water you get each day.

It's best to limit caffeinated drinks. Caffeine may cause some people to urinate more frequently or feel anxious or jittery. Plus, be mindful of what you drink. Some choices may add extra calories from sugar to your diet.