

# Health Letter December



2020 年 12 月 1 日  
OKINAWA INTERNATIONAL SCHOOL  
Nurse room

It is still dark when the morning comes recently. Winter season has arrived.  
Last month, many students have come to the nurse room who felt unwell due to the difference in temperature and who got injured perhaps because it got cooler and they became more active.

Please pay attention to the changes in temperature and take precautionary measures.

This year, we may have a different Christmas and New Year's holiday. However, unusual times can bring unusual rewards. Please spend warm winter holidays by preventing yourself from illness and injury.



## Not to do of first aid



### When you fall down and get an injury

- × **Disinfect** the wound with antiseptics  
(Disinfectants rather aggravate wounds.)
- Clean the wound by running water
- × **wipe by cotton** or toilet paper  
(Fibers will remain in the wound)
- Let's wipe it down with gauze, handkerchief, etc.



☆Search for 7 mistakes ☆



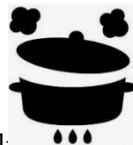
### When you have a nosebleed

- × **Look upwards**  
(Nosebleeds may flow into the throat and make you uncomfortable)
- Let's turn your head downwards.
- × **Put tissue** into your nose.  
(Rather hurt the wound)
- Pinch your nose to stop bleeding.  
(Press for about 5 minutes.)



### When you are burned.

- × **Crush the blister.**  
(It will get worse and infected)
- Let's cool down by pouring water immediately



## Is there a virus that cannot be disinfected with alcohol?



Hand disinfection with alcohol is effective for most viruses, such as covid-19, but it is not so effective for norovirus. Hand washing with soap is rather important. Moreover, clothes contaminated with noroviruses may spread when washed in the washing machine. Disinfect with hot water or chlorine disinfectant before using washing machine. However, be careful not to burn or color fade the clothes. High temperature dryers and irons are also effective. We sometimes need to throw away clothing when it is necessary. Especially when vomiting or diarrhea in winter, suspect norovirus. Let's not infect the people around you.