

Aloha Parents,

May I suggest a few “healthy” tips to discuss with and pack in your child’s bag. Many students have not traveled to such a cold environment and I hope to keep them as healthy as possible so, they may experience the trip fully and not only see the inside of the hotel room resting.

1. Multi-vitamins – Have your child take a daily dose of an over the counter multi vitamins.
2. Inhalers – If you child has used one in the past even if they have not used it recently, please have them pack their inhaler in their carry-on bag. The cold air causes their lungs to become more reactive so, they may begin wheezing even if they haven’t done so in a long time. **Double check** that the inhaler is **not expired and still has an appropriate amount of doses left in the inhaler.**
 - a. Hand sanitizer – Please have your child pack a mini hand sanitizer in their carry-on bag. Frequent hand washing especially before eating is one of the most effective ways of preventing illness.
3. Chap Stick – Please have your child pack a non-flavored Chap Stick type product in their bag. This will prevent their lips from cracking from the cold and it is a wonderful moisturizer for their cheeks and noses. The flavored one tends to hurt if rubbed on damaged cold chapped skin.
4. “Sharing” – Our students are very caring and readily share their food and drink however, it is one of the easiest and fastest way of spread disease so, please encourage your child to keep this to a minimum to prevent the spread of illnesses.

Mahalo,
“Aunty” Ella Lum
Tour Nurse