



ほけんだより



学校法人 大城学園 読谷こばと幼稚園 No.5

全国的にインフルエンザ、コロナウイルスの感染症が流行している中、、、特に！沖縄県は感染者が多発し、先月、本園にても、感染症が拡大してしまいました。日頃から、手洗い、うがい、消毒、換気を行ってきましたが、更に、徹底して行っていききたいと思います。

ご家庭でも、お子様の体調不良の際は、無理に登園はせず、ご家庭で様子を見たり、熱や体調不良が続くようであれば、病院受診のご協力を宜しくお願い致します。家族や友だち、周りの大切な人を守るために、手洗い、うがい、マスクなどの衛生習慣を心がけましょう。

大切な命をつなごう！



去った6月21日(土)・7月19日(土)に、職員対象に「救急救命講習」を実施しました。大切な子ども達の命を守る為、先生方は、研修を通してスキルアップを心がけています！また、夏休みはお出掛けする機会が増えると思います。ご家庭でもお子さんへの安全の配慮と安全教育を宜しくお願い致します。

救命の連鎖



心停止の予防

早期認識と通報

一次救命処置

二次救命処置

119 番通報
お願い！

AED
持ってきて！

1分間に 100 回
絶え間なく圧迫

胸骨圧迫30回の
後に2回人工呼吸

意識確認の仕方

- ・普段通りの呼吸をしているか!?
- ・胸とお腹の動きをみる！

通報の仕方(質問に答える)

- ① 火事？救急？
- ② 場所(住所・目標物)
- ③ 内容(呼吸がない等)

強く5cm
押す

呼吸が入っているか胸の
膨らみを触って確認！



Health Newsletter

August 2025



No.5

As influenza and COVID-19 continue to spread nationwide—with Okinawa seeing particularly high numbers—we regret to inform you that our school also experienced a wave of infections last month.

While we have consistently practiced handwashing, gargling, sanitizing, and proper ventilation, we will now be taking even stronger precautions to protect everyone's health.

What We Ask of You:

- If your child is feeling unwell, please do not send them to school.
- Instead, monitor their condition at home.
- If symptoms like fever or fatigue persist, please seek medical attention promptly.

Let's work together to protect not only your child but also friends, family, and our community. Encourage good hygiene habits at home—such as handwashing, gargling, and mask-wearing—to help stop the spread.

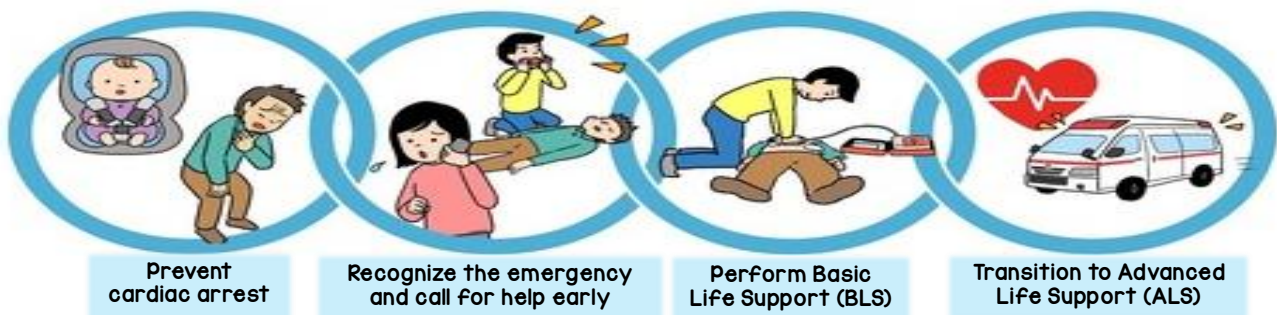
LET'S PROTECT EVERY LIFE

On Saturday, June 21 and July 19, we held Emergency Life-Saving Training for our staff. Our teachers are committed to ongoing training to ensure they can respond calmly and confidently in critical situations—because your children's safety is our top priority.



As summer break offers more chances for outings and activities, please continue practicing safety awareness and education at home.

Chain of Survival - What to Remember



Please call 119!

Bring the AED, please!

100 compressions per minute, without pause.

After 30 chest compressions, give 2 rescue breaths.

How to Check for Responsiveness:
Is the person breathing normally?
Look for movement in the chest and stomach.

How to Call Emergency Services (119):
When calling, be prepared to answer:
1. Is it a fire or medical emergency?
2. Where is the location? (address or nearby landmark).
3. What is the condition? (e.g., "The person is not breathing.")

Push firmly, 5 cm deep

Check that the chest rises to confirm the breaths are effective