Winter Health Services Newsletter

IT'S COLD AND FLU SEASON!

We're currently into flu season! Help avoid missed days of school with these simple preventative measures.

- Wash your hands frequently. Cover your nose and mouth when coughing and or sneezing.
- Getting a good night sleep and eating healthy foods will provide your body with the energy it needs to get through the day and fight off viruses.
- If your child becomes ill and feels he or she cannot participate in all of the school's daily activities, keep them home. Your child should be fever free for 24 hours without fever reducing medicine before returning to school.
- Discuss with your physician whether it is appropriate to get a flu shot. As always seek out your physician if you are not feeling well and symptoms persist.



- HEAD LICE 

Please make sure that you are checking your child's head on a regular basis for head lice. Signs and symptoms of infestation include:

• Tickling feeling on the scalp or in the hair
• Itching (caused by the bites of the louse)
• Irritability and difficulty sleeping (lice are more active in the dark)
• Sores on the head (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head. When there is intense itching and scratching of the scalp and the back of the neck, look closely at the scalp for small, whitish eggs firmly attached to the hair shaft, especially at the nape of the neck and above the ears. Although these eggs may look like dandruff, dandruff can easily be removed from the hair while the eggs cannot.

The following are some things to remember about the spread of head lice:

- Head lice move by crawling and cannot jump or fly.
- Head lice are mostly spread by direct head-to-head contact – for example, during play at home or school, slumber parties, sports activities or camp.
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing, hats, scarves or coats, or other personal items, such as combs, brushes or towels.
- Head lice transmission can occur at home, school or in the community.

Both over-the-counter and prescription medications are available for treatment of head lice infestations. If you have further questions, please contact your school's Health Office. We are here to help!

(Source : NASN, Head Lice 101)

HEALTH SCREENING REQUIREMENTS

Documented physical exams are required for students entering kindergarten, 6th grade, 11th grade, and for those students that do not have one on file.

Documented dental exams are required for students in kindergarten, 3rd grade, and 7th grade.

Click here to access Health Forms mentioned above.



