

Fall Health Newsletter



GOOD HANDWASHING HELPS PREVENT THE SPREAD OF GERMS.

Teach your child to wash their hands before and after eating, after coughing, sneezing or blowing their nose or anytime they are dirty. Use warm water and plenty of soap. Always remember to rub hands together briskly for at least 30 seconds. Have your child sing their ABC's to remember how long to wash. Rinse well and dry with a clean paper towel.

FLU SEASON IS

OCTOBER THROUGH MAY

The flu is spread by droplets that are coughed or sneezed into the air. People who are infected are contagious from a day before they feel sick until their symptoms have ended. You can prevent the flu by getting the annual flu vaccine and by practicing good hygiene.



Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare
Prevention	Annual flu vaccine; Good hygiene	Good hygiene
Treatment	Antiviral drugs if diagnosed with in 24-48 hours	Only temporary relief of symptoms

SHOULD I KEEP MY CHILD HOME FROM SCHOOL?

For the protection of the other students and employees, your child will be sent home if any of these symptoms, conditions, illnesses are found or suspected during the school day. Please make sure your child's school has current phone numbers for you.

All absences will be unexcused unless your student has a note from a physician turned into your school's office with 5 days of returning.

These tips should not take the place of medical advice from your doctor or pediatrician.

Fever

Students should stay home if their temperature is 100 degrees or more. Keep students home until fever-free for 24 hours without the use of fever-controlling medicine.

Rashes

Student may need to stay home. Please contact your health care provider to ensure that the rash is not a sign of something contagious. If your child has a fever with the rash, you should keep your child at home. A note from a physician that states that the child is not contagious may be required to return to school.

Conjunctivitis (Pink Eye)

Students may return 24 hours after prescription treatment is started. A physician note may be required to return to school.

Cough

Keep your child home if the cough is persistent and productive coupled with thick or constant nasal drainage.

Vomiting and/or Diarrhea

Students should be kept home for 24 hours after the last episode without the use of any medicine.

Head Lice

Students must get a note from the health department to return to school. The first 2 days after head lice is discovered will be excused. All absences after 48 hours are unexcused.

Impetigo/Staph/MRSA Infections

Sores should be covered when student returns to school. A note from a physician that states when the student may return may be required to return to school.

Strep Throat

Student should remain at home until he or she has received antibiotic treatment for the appropriate amount of time. A note from a physician that states when the student may return may be required to return to school.

HEAD LICE

The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying, and sometimes tough to get rid of.



But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection.

It's best to treat head lice quickly once they're found because they can spread easily from person to person.

Lice eggs (called nits). These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off.

Adult lice and nymphs (baby lice). The adult louse is no bigger than a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. If head lice is not treated, this process repeats itself about every 3 weeks. Most lice feed on blood several times a day, and they can survive up to 2 days off the scalp.

CLEARANCE FOR SCHOOL:

Your child is allowed 48 hours of excused absences for you to the treat head lice. In order for your child to be re-admitted to school, you child must be cleared by a MPS nurse or staff.

STREP THROAT

Is very common among kids and teens, include fever, stomach pain, and red, swollen tonsils. Strep throat usually requires treatment with antibiotics. With the proper medical care — along with plenty of rest and fluids — a child should be back to school and play within a few days.

STREP THROAT VS. SORE THROAT

Not all sore throats are strep throats. Most episodes of sore throat are caused by viruses and usually clear up on their own without medical treatment.

However, a child with strep throat will start to develop other symptoms within about 3 days, such as:

- red and white patches in the throat
- difficulty swallowing
- tender or swollen glands (lymph nodes) in the neck
- red and enlarged tonsils
- headache
- lower stomach pain
- fever
- general discomfort, uneasiness, or ill feeling
- loss of appetite and nausea
- rash



TRANSMISSION

Though they can't fly or jump, these tiny parasites have specially adapted claws that let them crawl and cling firmly to hair. They spread mainly through head-to-head contact, but sharing clothing, bed linens, combs, brushes, and hats also can pass them along. Kids are most prone to catching lice because they tend to have close physical contact with each other and share personal items.

And you may wonder if Fido or Fluffy may be catching the pests and passing them on to your family. But rest assured that pets can't catch head lice and pass them on to people or the other way around.

TREATMENT

A medicated shampoo, cream rinse, or lotion to kill the lice. These may be over-the-counter (OTC) or prescription medications, depending on what treatments have already been tried. Medicated lice treatments usually kill the lice and nits, but it may take a few days for the itching to stop.

Nit (head lice egg) combs, often found in lice medicine packages, should be used to comb nits and lice from the hair shaft. After each treatment, checking the hair and combing with a nit comb to remove nits and lice every 2-3 days may decrease the chance of self-reinfestation. Continue to check for 2-3 weeks to be sure all lice and nits are gone