

- Flu Prevention
- Handwashing
- Immunizations
- TDAP for 7th Grade Entry
- Head Lice Prevention



Tips for Keeping Your Kids Healthy

Student Health



current topics >>>

January 22-27
National Drug and Alcohol
Facts Week

Tips on Preventing Medication Abuse:

From: <https://drugfree.org>

- Monitor medications.
- Keep medications in a secure place.
- Safely dispose of all expired or unused medications.

For information to help you talk with your teens about drugs, their effects, and where to get help, visit:

<https://teens.drugabuse.gov/parents>

Flu & Cold Season

The Key to Staying Healthy is Prevention!

The flu (influenza) is a respiratory illness caused by a virus and is highly contagious. It is more dangerous than the common cold and can lead to serious health complications

such as pneumonia or bacterial infections. Cold symptoms are usually milder than the flu and do not result in complications. Children with chronic health conditions such as asthma, heart disease, diabetes are at higher risk for flu complications.

symptoms and complications. You may want to follow up with your child's health care provider for more information regarding the flu vaccine.

Teaching kids how to wash their hands properly and frequently can help prevent the spread of the flu.

Preventive Actions

Teach your child to avoid close contact with sick people. If you have a sick child, please remember that they are to stay at home for at least 24 hours from school if they have a fever greater than 100°F and/or they are vomiting. When your child

The Centers for Disease Control and Prevention suggest that people take three actions to protect themselves and others from the flu:

Flu Vaccine

Flu vaccine protects against the viruses that research suggests will be the most common. It can reduce the severity of flu

returns to school, please remind them to cover their cough. They can cover their cough by coughing into their elbow. Students are encouraged to wash their hands after they cough or sneeze and should be reminded to avoid touching their eyes, nose, and mouth to prevent the spread of germs.

OTC or Prescribed Antiviral Medication

Take medication as prescribed by MD or as directed by medication label.

Is it a cold or flu?



| Signs and Symptoms | Influenza | Cold |
|-------------------------|---------------|------------------|
| Symptom onset | Abrupt | Gradual |
| Fever | Usual | Rare |
| Aches | Usual | Slight |
| Chills | Fairly common | Uncommon |
| Fatigue, weakness | Usual | Sometimes |
| Sneezing | Sometimes | Common |
| Stuffy nose | Sometimes | Common |
| Sore throat | Sometimes | Common |
| Chest discomfort, cough | Common | Mild to moderate |
| Headache | Common | Rare |

Preventive Care

Handwashing

You can help our kids and others stay healthy by teaching them to wash their hands properly and often..

When to Wash Your Hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing
- After using the toilet
- After caring for animals
- After touching garbage



Winter Head Lice Prevention

Please see attached handout for more lice prevention and treatment tips.

There are more than 6-12 million cases of head lice per year. Head lice can be a common problem when children return to school from vacation or during winter months. Please help prevent the spread of lice by talking to your student about not wearing other people's hats and accessories or sharing personal items such as brushes or combs. Head lice symptoms include: itchiness, crawling sensation, sores/scabs from scratching, and visible lice or nits.

Stay Ahead of Immunizations >>>

Immunizations Changes for 2019-2020

| GRADE | NUMBER OF DOSES REQUIRED OF EACH IMMUNIZATION ^{1,2,3} | | | | |
|---|--|---------------------------|----------------------------|--------------------------|---------------------------------|
| K-12 Admission | 4 Polio⁴ | 5 DTaP⁵ | 3 Hep B⁶ | 2 MMR⁷ | 2 Varicella |
| (7th-12th)⁸ | | 1 Tdap | | | |
| 7th Grade Advancement^{9,10} | | 1 Tdap⁸ | | | 2 Varicella¹⁰ |

Immunization changes for the 2019-2020 school year include that 7th grade entry now requires the Tdap booster and 2 doses of varicella. Changes are effective July 2019. For more information regarding immunization requirements, please visit shots4school.org. All current 6th grade students must have documentation of their immunizations prior to the start of the 2019-2020 school year.

Tdap protects against 3 diseases:

Pertussis – is a contagious disease that causes violent coughing fits that make it hard to breathe. It spreads easily when someone with the disease coughs or sneezes. The symptoms can last for months.

Tetanus – causes a severe, painful tightening (spasms) of muscles, including of the jaw ('lockjaw'), which can limit swallowing and breathing.

Diphtheria – is a throat infection that can lead to breathing problems, paralysis, heart failure and death.