

# NURSES NOTE

Hello Pioneer Families!

I have had the pleasure of meeting many of your amazing children and am thoroughly enjoying my new role at Pine Springs Prep. It is important to me that I do my very best to help promote a healthy environment for our students. As we enter fall and the cool air starts to hit, so do the germs. I would like to point out a few illnesses that are currently going around our community, so we can do our a best to minimize the impact in our school.

**FLU-** A highly contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness. Young children or those with health complications may be at risk for more serious complications. The flu is often confused with the common cold, but flu symptoms develop quickly and are typically more severe.

Symptoms: fever, body aches, chills, headache, cough, sore throat, runny/stuffy nose, loss of appetite, weakness, tiredness, nausea or vomiting, diarrhea

Symptoms can last for a week or two. It is spread by coughing, sneezing or touching an object or surface with the virus. People who are infected with the flu are contagious as long as they display symptoms.

Prevention is the best defense!! Help prevent the flu by: vaccination, thorough and frequent hand washing, not sharing cups or eating utensils, covering your mouth with your elbow or a tissue while coughing or sneezing, and staying home from school when you are sick.

**STREP THROAT-** Highly contagious bacterial infection caused by streptococcus bacteria.

Symptoms: throat pain, painful swallowing, fever, headache, body aches, may see white patches or red spots in mouth or by tonsil area, rash, nausea/vomiting

Hand washing, not sharing drinks/eating utensils covering mouth with coughing and sneezing, staying home from school when sick and seeing physician if illness is suspected are all important factors in prevention.

**LICE-** Are ectoparasites (external blood-feeding) insects, that are common among school age children. They are not known to transmit any disease and are more of a nuisance than a health hazard.

Symptoms: intense itching, tickling or feeling of movement in hair, visible lice or nits (lice eggs, which unlike dandruff are difficult to be brushed out), small red bumps on the scalp, neck or behind ears.

Please encourage your children to not share personal belongings such as hats, scarves, hoodies, hair clips or other items that may be in close contact to their head.

If your child has lice, examine all household members and begin treatment on those that have it. It is important to follow the treatment steps carefully and to complete them to successfully eliminate lice.

### When is sick too sick for school?

Parents you know your children better than anyone and we ask that you use your best judgement, however a few things that may be helpful.

\*fever greater than 100

\*a cough that keeps your child up during the night

\*vomiting or diarrhea

\*red draining eyes

\*severe pain in the ear, stomach or any other pain that interferes with activities of daily living

I hope you found this information helpful. I will send out information periodically regarding health issues or concerns. We do our best to promote healthy habits here at school so we can focus on what's important.

Healthy kids are happy kids!!

Thank You,

Melissa Kranack, RN, BSN

