



2019



# WOLVERINE WELLNESS

## Crivitz School District Health Services Newsletter

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### **SPECIAL REMINDER**

*Parents of students with  
Asthma History:*

*If your child self-carries an  
inhaler, please make sure it is  
labeled and not expired.*

*All Asthmatic students should have an  
"Asthma Emergency Plan" on file at  
school (see the District Nurse for  
needed forms).*



We will be doing Vision Screening on the  
following dates... February 20th—22nd  
for the following grades... EC, 4k, 5k, 1st,  
3rd, 5th, 7th, 9th & 11th. More information  
will be coming home soon!

Consent forms are also available online  
at the District website - click the  
"Health/School Nurse" tab under  
Departments.

### THE ABC'S... SIGNS OF POSSIBLE VISION/EYE PROBLEMS

Children with any of the signs below should have a  
dilated eye exam.

#### APPEARANCE

- Eye that turns out, in, up, or down. Crossed eyes.
- Inflamed or watery eyes.
- Red-rimmed, encrusted, or swollen eyelids.
- Eyelid that sags partially covering the pupil of the eye.
- Sties or other infections on the eyelids.
- A white spot in the pupil of the eye.
- Yellowish color to the white of the eye.
- Eyes that are bloodshot, reddened, blackened, bruised or swollen, or show evidence of cuts or scrapes.

#### BEHAVIOR

- Body is rigid when looking at distant objects.
- Thrusting the head forward or backward when looking at distant objects.
- Tilting head to one side.
- Rubbing eyes excessively.
- Closing or covering one eye.
- Holding objects close to eyes.
- Having difficulty reading or with close work.
- Blinking excessively.
- Squinting or frowning when looking at distant objects or chalk board.
- Reluctance to cooperate when activity requires good vision skills.

#### COMPLAINTS

- Headaches.
- Blurry vision, dizziness, or nausea after doing close work.
- Blurred or double vision.
- Eyes that itch, burn, or feel scratchy.
- Unusual sensitivity to light.



## Spotlight topic: Communicable Diseases

*This month's feature: Influenza & Ringworm*

### Communicable Disease:

### Spotlight facts...

## Influenza

**Spread by:** Inhalation of respiratory droplets.

### Incubation Period:

1-4 Days

**Signs/Symptoms:** fever, cough, nasal congestion, headache, body aches, fatigue.

### Contagious Time Period:

1 day prior to and up to 5-7 days after symptoms begin.

**Time excluded from school:** Exclude until fever resolved for 24 hours.

## Ringworm

**Spread by:** direct or indirect contact with lesions or contaminated objects.

### Incubation Period:

Body/perianal/groin: 4-10 days

Scalp 10-14 days

**Signs/Symptoms: Skin:** red, circular patches with raised edges, center clearing, cracking/peeling of skin between toes.

**Scalp:** dandruff-like scaling patchy areas with or without hair loss, redness.

### Contagious Time Period:

As long as lesions are present or until treatment begins

**Time excluded from school:** Exclude until treatment is initiated or lesions are covered.

**For more information on communicable diseases, please visit: [www.cdc.gov](http://www.cdc.gov)**

## Green Tea, Blueberry, and Banana Smoothie Recipe

Antioxidant-rich green tea makes this healthy smoothie a nutritional powerhouse.

3 Tbsp water

1 green tea bag

2 tsp honey

1½ c frozen blueberries

½ med banana

¾ c calcium fortified light vanilla soy milk



## When To Keep A Sick Child Home From School?

The American Academy of Pediatrics recommends that your child be kept home if he/she is not able to take part in normal school activities; the illness causes an unsafe or unhealthy place for others at school, or when the child requires care that cannot be managed at school.

### Keep your child home if he/she has:

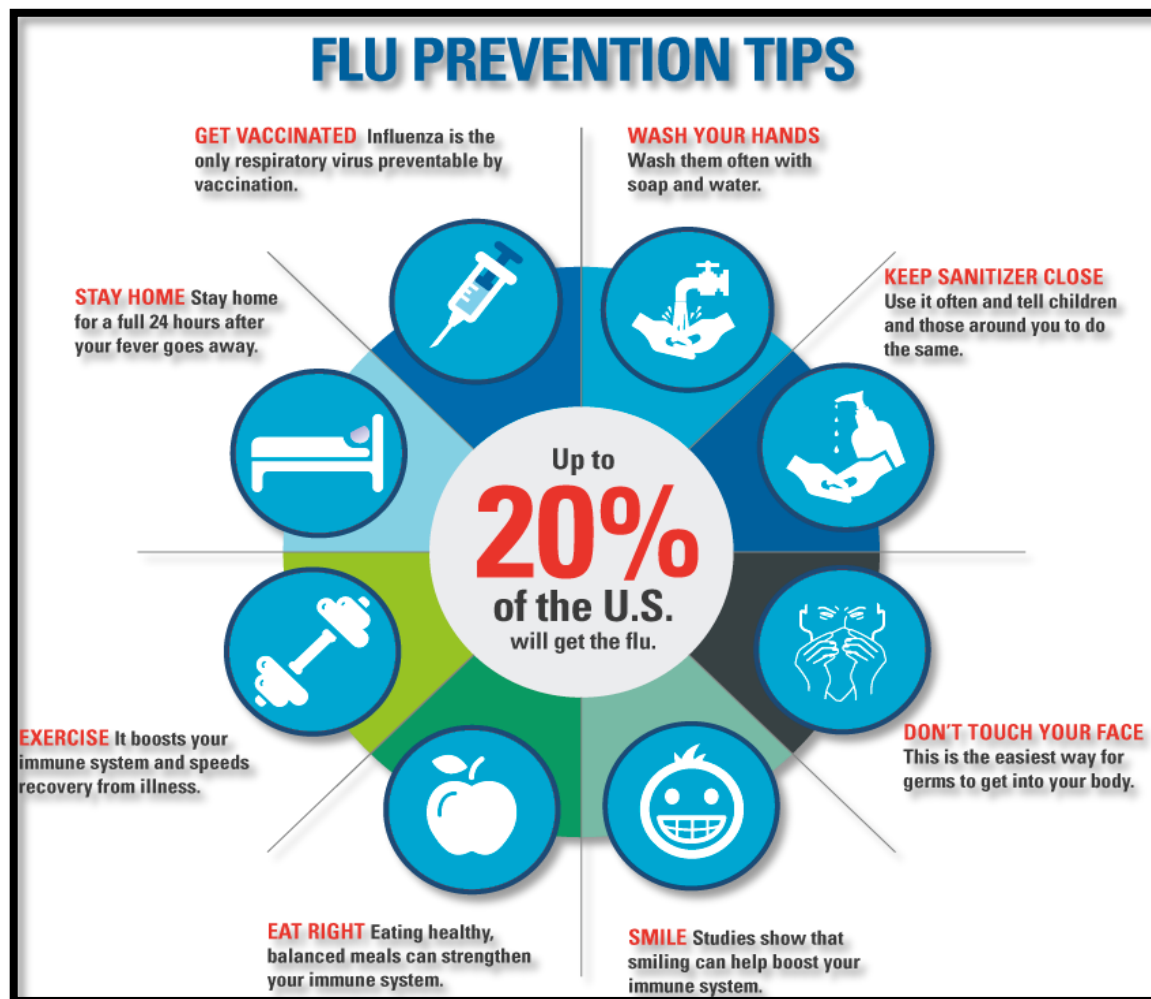
\***A Fever:** Temperature over 100.4 F along with behavior changes or other signs and symptoms of illness; such as, sore throat, rash, vomiting, diarrhea, earache or irritability. Fevers must be gone for 24 hours (without the help of over-the-counter fever reducers) prior to returning to school.

\***Vomiting:** 2 or more within 24 hours.

\***Diarrhea:** 3 or more watery stools within 24 hours.

\***An open or oozing sore:** Unless it is properly covered with a bandage that will not leak wound drainage while at school.

There are many other infectious diseases that require a child to remain home from school for a period of time, such as Strep Throat, Pink Eye, Chickenpox, Mumps and Whooping Cough (Pertussis). Please contact the school first before your child returns, if he/she has had any of these conditions or common infectious illnesses.





## Influenza (flu) vs Common Cold

We are entering the time of year when we see influenza (flu) and upper respiratory viruses at school. We want to let you know what steps we are taking to keep our school community healthy and how you can help.

Respiratory infections, such as the flu and common colds (colds), are spread when people come in close contact with sick people and inhale airborne droplets, or come in contact with contaminated surfaces. Flu and cold symptoms can sometimes be difficult to tell them apart, but consider this:

	FLU	COMMON COLD
How it begins	Sudden	Gradual
Cough	Severe	Mild to moderate
Muscles	Achy	None to mild aches
Stuffy, runny nose	Sometimes	Common
Tiredness	Severe	Mild
Fever	None to high grade	None to low grade
Complications	Bronchitis/Pneumonia	Earache/Sinus infection

If symptoms persist or worsen, make an appointment with your healthcare provider to be evaluated. The flu can be serious for children of all ages, causing them to miss school, activities, or even be hospitalized.

We take the health of our students seriously and work very hard to keep these viruses from spreading. We regularly clean frequently touched areas such as door knobs, stair rails, telephones, computer keyboards, and bathroom faucets and fixtures. We also instruct students and staff to follow the Centers for Disease Control and Prevention (CDC) **take 3** approach to fight the flu.

### 1. Get the flu vaccine every year

### 2. Take everyday preventative actions to stop the spread of germs:

- Wash hands often with soap and water, or use alcohol-based hand sanitizers when soap and water are not available,
- Cover coughs with a disposable tissue or cough into their sleeve,
- Avoid touching their eyes, nose, and mouth,
- Avoid close contact with sick individuals,
- Avoid sharing cups and eating utensils, and
- Stay home when sick.

### 3. Take flu antiviral drugs, if your healthcare provider prescribes them

You can help us maintain a healthy school environment in a variety of ways.

- Make sure your children receive all recommended immunizations, including an annual flu vaccine,
- Reinforce all of the above preventative behaviors practiced at school,
- Make sure children get plenty of exercise, sleep, and healthy food, and
- Keep sick children home, especially if they have a fever above 100° F, diarrhea, vomiting, or a severe cough. **Children should be fever free for 24 hours without the use of fever reducing medications before returning to school.**

A couple additional important points:

Notify your child's healthcare provider if your child develops difficulty breathing or a new onset of wheezing, and If your child has asthma, please make sure we have a copy of your child's Asthma Action Plan.

Important information about preventing the flu can be found at these websites:

- <http://www.cdc.gov/flu/protect/children.htm> and 2
- [www.preventchildhoodinfluenza.org/school](http://www.preventchildhoodinfluenza.org/school).