



Fall Facts from the Nurse

Seasonal/H1N1Flu

As our school health goal this fall, we need to work as a team to prevent the spread of various communicable diseases such as: Pertussis (whooping cough), Seasonal Influenza , and the spread of H1N1 virus. It is very important to keep our immune systems healthy and strong. Students can achieve this by the 'basic' concepts in good health: a good night's sleep, three nourishing meals a day, exercise, and appropriate dress, according to the temperatures.

Precautions to practice to prevent the spread of mucosal droplets which spreads the airborne viruses (Influenza) will include:

- 1.) Cover your cough
- 2.) Wash your hands – 20 seconds or use hand sanitizers
- 3.) Keep your hands away from your eyes, nose and mouth
- 4.) Dispose of Kleenex properly
- 5.) Stay home, if sick, until your fever has been gone for 24 hours
- 6.) See the school nurse if you feel sick at school
- 7.) Don't share water/juice bottles
- 8.) Don't reuse plastic bottles
- 9.) Don't eat off of someone else's food tray
- 10.) Don't put your mouth on the metal flow outlet of water fountains

Hunting Season

Watchful caution is needed for 'deer tic' infestation. Small swollen lump-like areas may appear on the skin surface. They may accompany itching and redness. Tics may be visible when only partially embedded under the skin. An easy method to remove a tic is to apply a glob of liquid soap to a cotton ball. Cover the tic with the soap-soaked cotton ball and swab it over the area for a few seconds (15-20 seconds). The tic will back out on its own and will be stuck to the cotton ball as you lift it away. This method of removal helps avoid the partial tic removal as with a tweezers. Have a happy and safe hunting season.