



# Health News

By Jennifer Laszlo, School Nurse

## Lice: It Can Happen To Anyone

Since school is in full force it would be wise to check your child's hair for head lice. Head lice are tiny yellowish-brown insects about 1/8 inch long that live on human heads. **ANYONE** can get head lice. They are mainly acquired by direct head-to-head contact with an infested person's hair, and sometimes by sharing combs, hats, and hair accessories. The signs and symptoms of head lice are: persistent itching of the head and back of neck; scratches or a rash on the scalp; possibly live lice, and most importantly **nits**. Nits are tiny tear-drop shaped whitish eggs which are firmly attached with a glue-



like substance to an individual hair shaft. District policy is "no live lice " because they are viewed as a pest not a health condition or problem. If you discover that your child has head lice, please inform the school nurse so that the correct procedures can be followed. You will need to bring your child to the of-

## Medication in School

There have been some students coming to school with cough drops and other over the counter medications. Be reminded that if you wish your child to take over the counter medication at school; the medication

needs to be in the original container (cough drops cannot come single, but must be in the bag from the store) and we need a medication authorization completed with your **signature**.

fice prior to returning to the classroom.

In order to catch lice early, it is a good habit to get into checking your child's head once a week with a fine toothed comb and using shampoo that repels lice throughout the year. (Lice don't like coconut oil, eucalyptus oil and tea tree oil among other products)

**Fact:** Lice can live in hair for weeks or months without having any symptoms!



Medication must be dropped off in the main office by the parent/guardian and an Authorization for Medication form **MUST** be filled out.

## Flu Season

Flu season is around the corner! **Remind your child** to cough or sneeze into their elbows and teach about the importance of **hand washing** to stop the spread of germs. District policy states that if your child has a fever over 100, throws up or has diarrhea you need to keep them home until the symptoms are gone for 24 hours.

## The Importance of Hydration

Kids are more prone to dehydration because of their smaller size. Signs of dehydration include: headache, tiredness/sleepiness and dry mouth. In the colder months it can be hard to remember to drink as much water as we do in the summer, but it is just as important for our health! We should be drinking half our body weight in ounces. So if your child is 60lbs, they should be getting at least 30 ozs a day.