



FOR THE HEALTH OF IT

Winter 2022/2023
Secondary Schools

a quarterly publication from your School Health team

IMMUNIZATIONS RISING 7TH & 12TH GRADERS

Students entering 7th grade and 12th grade in August 2023 are required by NC law to receive their Tdap and/or Meningococcal vaccine boosters prior to the start of the school year.

These can be completed anytime between now and the start of the 7th/12th grade school year.

To schedule an appointment at the Dare County Department of Public Health, please call 252.475.5003.



STAY ACTIVE

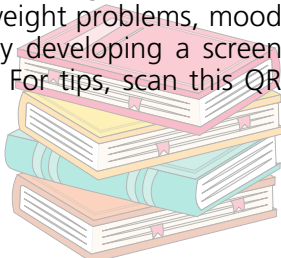
Shorter days often leave us feeling sluggish. Trade in some "sit time" for some "fit time"! Be sure to get at least 1 hour of some kind of physical activity every day.

For tips on how to keep it active at home in colder weather, scan the QR code:



MODIFY SCREEN TIME

While screens can be invaluable to social connection and learning, too much screen time may lead to sleep problems, lower grades in school, reading fewer books, less time with family and friends, weight problems, mood problems, and poor self image. Try developing a screen time plan for you and your family. For tips, scan this QR code:



MAKE EVERY BITE COUNT

Healthy eating habits start at home.

Take a look at your current eating routine and try some of these tips:



- Introduce one or two new choices in your nutrition at a time.
- Schedule family eating times.
- Decrease distractions and electronics during family meal times.
- Offer only one meal option for the whole family.
- Choose options that have limited added sugar, saturated fats, and sodium.
- Eat a variety of fruits, vegetables, grains, proteins, and dairy.

Small changes add up over time. Start simple by exploring MyPlate for more tips, healthy recipes, and healthy food choices on a budget.



RETHINK YOUR DRINK

Teens with a regular amount of activity should be drinking approximately 6-8 cups of fluid every day. Sports drinks are usually high in sugars and typically are only needed for high intensity physical activity over 1 hour per day. Energy drinks are high in both sugar and caffeine and can lead to difficulty concentrating.



Even mild dehydration can lead to headaches, fatigue, and inability to concentrate. Encourage your teen to carry a reusable water bottle to school daily.



Dare County's School Nurses

Cape Hatteras Elementary

252.995.6196 x3606

Cape Hatteras Secondary

252.995.5730 x3006

First Flight Elem School

252.441.1111 x2062

First Flight Middle School

252.441.8888 x2206

First Flight High School

252.449.7000 x2495

Kitty Hawk Elem School

252.261.2313 x1625

Manteo Elem School

252.473.2742 x1406

Manteo Middle School

252.473.5549 x1207

Manteo High School

252.473.5841 x1051

Nags Head Elem School

252.480.8880 x1806

School Health Supervisor

252.475.5071

Did you know that healthy children learn better?

Dare County offers a Coordinated School Health Program to its students through a partnership between Dare County Department of Health & Human Services and Dare County Schools. As a part of this program, School Nurses are stationed at each Dare County School.



HOW DO YOU KNOW: COLD, ALLERGIES, FLU, COVID?



Runny nose, sore throat, cough, fever? Is it the common cold, allergies, flu, or COVID 19? Scan the QR code for help determining your student's symptoms.

Remember to consult their medical provider for follow up as needed.

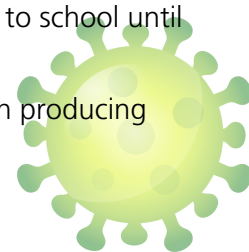
| SIGNS AND SYMPTOMS | COLD | FLU |
|-------------------------|------------------|---------------|
| Symptom onset | Gradual | Abrupt |
| Fever | Rare | Usual |
| Aches | Slight | Usual |
| Chills | Uncommon | Fairly common |
| Fatigue, weakness | Sometimes | Usual |
| Sneezing | Common | Sometimes |
| Chest discomfort, cough | Mild to moderate | Common |
| Stuffy nose | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Headache | Rare | Common |

#FIGHT FLU

If your student has ANY illness that makes them unable to eat/drink/sleep or otherwise carry out their normal school activities without pain, discomfort, or fatigue, please keep them home until the illness has passed.

RETURNING TO SCHOOL AFTER ILLNESS:

- Temperature less than 100 degrees without fever reducer for 24 hours.
- No vomiting or diarrhea in the last 24 hours.
- If prescribed antibiotics, return to school only after the student has been taking the antibiotic for 24 hours.
- If your student has had a surgical procedure, do not return to school until narcotic medications for pain are no longer needed.
- Keep students home for severe sore throat, excessive cough producing phlegm, severe headache, earache, or stomachache.



County of Dare

Department of Health & Human Services

PO Box 669 | Manteo, NC 27954

Health 252.475.5003 | Social Services 252.475.5500

Veterans Services 252.475.5604 | DareNC.com/HHS