



FOR THE HEALTH OF IT

Winter 2022/2023
Elementary Schools

a quarterly publication from your School Health team

INFLUENZA (FLU) VACCINES

There are many reasons to get an influenza (flu) vaccine each year. Flu Vaccination can keep you from getting sick with the flu. It prevents millions of illnesses and flu-related doctor visits each year. Studies show that it can reduce the risk of having to go to the doctor by 40 - 60%.

These can be received anytime at your private doctor, local pharmacies, or the health department in Manteo, Nags Head or Frisco.

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



GET OUTSIDE

No matter what the weather brings, playing outside is good for kids. Getting outside provides more than a fun break for children and teenagers. It is also good for their physical and mental health and development. Find a local trail to explore or visit a local playground or recreation center.



SCREEN TIME

There are many reasons for parents to be thoughtful about how much screen time they allow their children. Amount of screen use per day has been associated with developmental outcomes, obesity, poor sleep quality and eye development. Research has also found that preschoolers who had more than two hours of screen time per day had a nearly-8-fold increase in ADHD.



KINDERGARTEN REGISTRATION

North Carolina law requires that all children attending school in the state receive certain immunizations and have a North Carolina Health Assessment before starting kindergarten.

Vaccination requirements for school-age children can be found here:



The North Carolina Health Assessment Form can be found here:



PREVENT DRY WINTER SKIN

With winter here, remember to nourish your child's skin to prevent dryness and itching. Helping your child apply lotions after bathing will improve skin condition. Have chapstick or vaseline available to apply to lips daily or more often to prevent cracking and bleeding. Students may keep chapstick in their book bags or pockets and use it throughout the day!



THE BONE BUILDER YOUR KIDS NEED

The body's need for calcium is at its highest point between the ages of 9 years and 18 years old. Not getting enough calcium during this developmental time can affect bone strength later in life. Drinking milk or dairy products is not the only way to consume calcium.

Eating foods like green, leafy vegetables, broccoli, and calcium-fortified juices and cereals are other easy ways for your kids to get the calcium their bodies need!



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.

IS IT A COLD OR FLU?

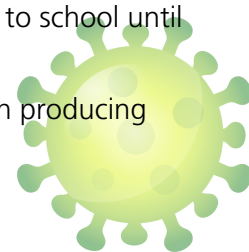
SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare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