



SCHOOL WELLNESS NEWSLETTER



January
2024

INFORMATION FROM WYOMING CITY SCHOOLS' HEALTH SERVICES

HEALTH GUIDELINES

As winter approaches, we can anticipate an increase in community-wide illnesses, including influenza, RSV, Strep Throat, COVID, and common cold viruses. To safeguard the health of all students and staff, we kindly request your cooperation by following these guidelines:

Temperature Check



If your child feels unwell, please check their temperature before sending them to school. If their temperature is 100.4 or higher, we ask that you keep them at home. Students should be fever-free for 24 hours without fever-reducing medication (such as Tylenol or Ibuprofen) before returning to school.

Medication



If no fever is present, but your child has mild symptoms like a runny nose, headache, or coughing, please administer medication before sending them to school. Students cannot bring medication to school, and our health clinic staff cannot administer any medication without a signed [authorization form](#) from the child's doctor.

Respiratory Symptoms



If your student is fever-free but has a stuffy/runny nose or a cough, please encourage them to take precautions to limit the spread of germs, such as frequent handwashing and covering their cough.

WINTER RECESS PLAN

The Primary Schools and Middle School will monitor the "feels like temperature" to determine recess location. If it feels like 24°F or colder (20°F for Middle School), indoor recess is the plan. When it feels like it's above 24°F (20°F for Middle School), recess will be outdoors unless it's raining or snowing.

Regular outdoor activity is important for the physical and mental well-being of our students, even when it's cold. So, bundle up your kiddos, and let's make sure they're ready for whatever the weather brings!



UNDERSTANDING RSV

Respiratory Syncytial Virus (RSV) is a common respiratory infection that can impact individuals of all ages, but it poses a particular risk for infants and older adults.

Recognizing RSV Symptoms

Symptoms usually appear in stages, not all at once, and may include runny nose, coughing, sneezing, wheezing, and fever. In severe cases, particularly among infants and the elderly, RSV can progress to respiratory distress. RSV is most prevalent during the fall to spring. People usually show symptoms within 4 to 6 days after getting infected.

Prevention and Awareness

While there isn't a routine vaccine for all children against RSV, everyday preventive measures play a crucial role in reducing its spread. Encourage good hygiene practices, like frequent handwashing, and be mindful of crowded places during peak RSV seasons. Staying informed about symptoms and seeking prompt medical attention if your child shows signs of respiratory distress are essential steps in managing RSV.

What to Do if RSV is Suspected

If you suspect your child may have RSV based on symptoms or exposure, consult your healthcare provider. While mild cases may safely be treated at home, severe cases may need medical intervention.

WINTER SAFETY TIPS

DURING THE CHILLY MONTHS, IT'S IMPORTANT TO KEEP OUR KIDS HEALTHY AND SAFE FROM COLD-RELATED RISKS. FOLLOW THESE TIPS TO HELP YOUR CHILDREN STAY HAPPY AND WELL THROUGHOUT THE SEASON.

The first line of defense against the chill is proper attire. Send your child to school with layers that can be easily added or removed based on the temperature. This includes a warm coat, hat, gloves, and a scarf, and footwear that is suitable for colder and potentially slippery conditions.



Winter brings icy sidewalks, posing a risk for slips and falls. Remind your child to take shorter steps, walk at a slower pace, and use designated walkways whenever possible. Encourage the use of sturdy winter boots with good traction to minimize the risk of accidents.



Teach your child to recognize the signs of cold-related conditions, such as frostbite and hypothermia. Symptoms like numbness, tingling, or pale skin are indicators of frostbite, while confusion, shivering, and slurred speech may point to hypothermia. If they experience any of these symptoms, they should seek help immediately from an adult.



DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



USEFUL SCHOOL LINKS

- [Medication Authorization Form](#)
- [ODH School Immunization Requirements](#)
- [Food in the Classroom Guide](#)
- [Allergen-Free Food Options](#)
- [Milford Nutrition Services](#)
- [Student Meal Account Restriction Form](#)
- [CDC Vaccination Catch-Up Guidance](#)
- [Hamilton County Public Health Vaccination Services](#)