



# FOR THE HEALTH OF IT

Winter 2023/2024  
Elementary Schools

OF IT

a quarterly publication from your School Health team

## WINTER ILLNESS PREVENTION

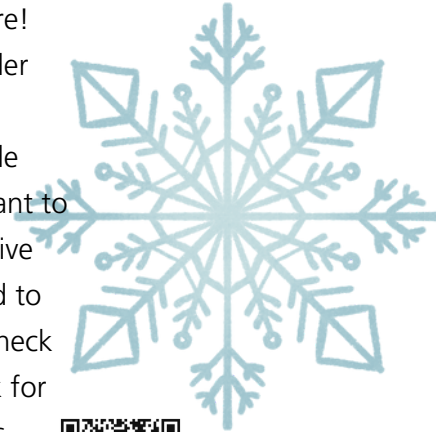
Health and wellness should come first no matter the weather. Here are some tips and tricks on how to stay healthy this winter season!

- Wear layers of clothing in the cold
- Stay active
- Set time limits for outdoor play in cold weather
- Stay hydrated
- Wash your hands often
- Keep surfaces clean
- Stay home when you are sick
- Eat healthy meals



## WINTER ACTIVITIES

Winter is officially here! Shorter days and colder temperatures make it tempting to stay inside more, but it's important to remember to stay active during the winter and to get some fresh air. Check out the following link for fun ways to keep kids active during the winter:

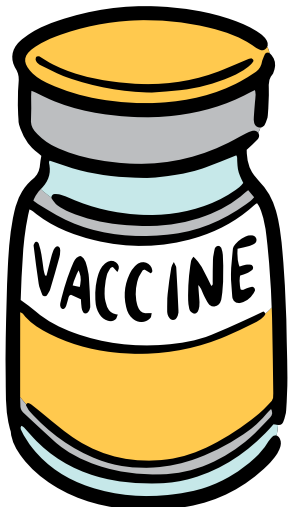


## HEAD LICE

Now that the temperature is dropping, it is important to be reminded not to share hats, scarves, and jackets as this can increase the chances of getting head lice. Check out the following link for prevention and treatment.



## INFLUENZA (FLU) VACCINES

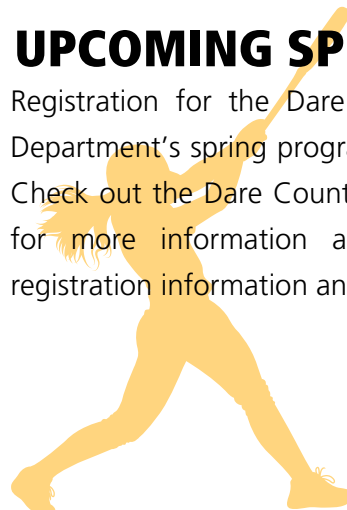


The flu is a respiratory illness caused by influenza viruses which circulate during the winter months. It can cause more severe symptoms than the common cold does for children. The annual flu vaccination offers the best protection against the flu. You can receive your flu vaccine at your local health department, pharmacy, or doctor's office.



## DARE COUNTY PARKS AND REC UPCOMING SPRING PROGRAMS

Registration for the Dare County Parks and Recreation Department's spring programs are just around the corner. Check out the Dare County Parks and Recreation website for more information and to stay up to date on registration information and deadlines.



## Dare County 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, fatigue? Is it the common cold, allergies, flu, or COVID 19? The QR code above is linked to a great article that summarizes the differences between the symptoms of these illnesses. 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.

*Thank you to Nurse Caity (NHES) and Nurse Becca (MES) for the information on the front of our Winter 2023/2024 newsletter.*



### County of Dare

Department of Health & Human Services

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Health 252.475.5003 | Social Services 252.475.5500

Veterans Services 252.475.5604 | DareNC.gov/HHS

