



FOR THE HEALTH OF IT

Winter 2023/2024
Secondary Schools

OF IT

a quarterly publication from your School Health team



REMINDER IMMUNIZATIONS RISING 7TH & 12TH GRADERS

Students currently in 6th and 11th grades are required by NC law to receive their Tdap and/or Meningococcal vaccine boosters prior to the start of the next school year.

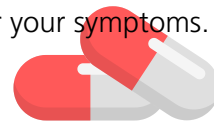
These can be completed anytime between now and the start of their 7th and 12th grade school year.

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



DIFFERENCES BETWEEN TYLENOL AND IBUPROFEN

Acetaminophen (Tylenol) and ibuprofen (Motrin or Advil) are medications used for fever reduction and pain relief. While on the surface they may seem the same, there are differences between these medications and each works uniquely to reduce fever, control pain, and combat inflammation. Read to discover which is best for your symptoms.



REST, RELAX, EXERCISE

Rest, relaxation and exercise are essential for a healthy body and mind. They work together to relieve physical and mental stress and prevent bodily illness. Regular daily exercise reduces the body's stress hormones and increases the body's natural feelings of relaxation and optimism. Coupled with simple breathing exercises, mental relaxation maneuvers, and progressive muscle relaxation, you can improve your overall health. Read here for more tips:



SHOULD YOU CLEAN YOUR EARS?

Actually, no. Your ears make cerumen (earwax) naturally to protect and lubricate. It has antibacterial properties, which means your ears are self-cleaning and acts like a filter to keep out harmful things like dirt and debris. Learn how to care for your ears correctly.



BUCKLE UP

Young adults (age 18-24) are less likely to wear seat belts than those in older age groups. Please buckle up when getting in a car. Automobile accidents are a leading cause of injuries and deaths while most can be prevented by following a few safety tips. Visit the website to learn more.



CHOOSING YOUR BEVERAGE

On average a teenager needs around 2500 calories/day. The empty calories in your coffee beverage consume a large part of your daily dietary intake. One specialty drink can contain 20% of your daily recommended calories; not to mention that caffeine consumption can contribute to sleep pattern changes and sugar/caffeine crashes.



Choose wisely and drink more water.



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, 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 Robyn (FFHS) and Nurse Dede (CHSS) for the information on the front of our Winter 2023/2024 newsletter.



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

