



CES Health Office Spring Newsletter



Warm weather is upon us!

Below are some tips for staying safe and healthy while playing outside.

*The information below is taken from the CDC and Department of Health,
but does not take the place of consulting a medical provider.*

Stay active

- Get one hour or more of physical activity every day!
- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Dance
- Jump rope
- Play ball or Frisbee

Seasonal Allergies

Pollen exposure can trigger various allergic reactions, including symptoms of allergic rhinitis (sneezing, runny nose, and congestion). Pollen exposure can also trigger symptoms of allergic conjunctivitis (inflammation of the lining of the eye).

People with respiratory illnesses like asthma may be more sensitive to pollen.

If you are allergic to pollen, or if you have asthma you can take steps to protect yourself:

- Don't touch your face while you are outside, and wash your hands when you go back inside (before you touch your eyes).
- Shower after being outside to remove pollen from your skin and hair.
- Take your allergy and/or asthma medications as prescribed by your health care provider.

Sunscreen

Protect yourself from harmful rays of the sun.

- Avoid prolonged exposure to the sun when possible.
- Apply sunscreen (minimum of SPF 15) liberally on exposed areas of your body 20 minutes prior to going outside.
- Wear wide-brimmed hats and sunglasses with UV protection and side panels.
- Take breaks in shaded areas.

Hydrate

Think your drink. Choose water!

Your body is made up of about 60% water! Water regulates your body temperature, eliminates waste, lubricates joints and protects body tissues.

Tips to stay hydrated: Start your day with a glass or two of water. Carry a water bottle at school. Select water instead of sugar-sweetened beverages.

Ticks

If you find a tick attached to your skin, simply remove the tick as soon as possible. (Avoid “painting” the tick with nail polish or petroleum jelly, or using heat. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.)

1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
2. Pull upward with steady, even pressure. Don’t twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag, wrapping it tightly in tape or flushing it down the toilet.

If you develop a rash, fever or flu-like symptoms within several weeks of removing a tick, see your doctor. Tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

You can avoid contact with ticks: Use EPA-registered insect repellents. Avoid wooded and brushy areas with high grass and leaf litter. Check your clothing and pets for ticks when you come indoors. Shower soon after coming indoors, checking your body thoroughly (under the arms, in and around the ears, inside belly button, back of the knees, in and around the hair, between the legs, around the waist) for ticks. For more information, visit www.cdc.gov/ticks.



Remember to help keep our school healthy and safe

- *wash your hands often with soap and water
- *avoid touching your eyes, nose, mouth and ears
- *avoid contact with people who are sick
- *cover your coughs and sneezes with a tissue
- *clean frequently-touched surfaces and objects

Please ensure you have a plan in place for your child should they need to be picked up during the school day. It is important to keep the school office up to date with current phone numbers so you or an alternate contact can be reached if your child becomes ill or injured at school.

We are fortunate to have an airconditioned school. It is recommended that students keep a sweater or sweatshirt in school in case their classroom is chilly. In addition, ALL students should keep a bag of extra clothes in their cubbies at school in the event that a change is needed.

If you have any questions, please contact the school health office at 845-469-2178 x2209.