

Hi Hedgehogs!

A message from your school nurse Mrs. Pags:

I thought with warm weather and summer just around the corner I would focus on **SUN SAFETY**. It's so important to protect your body's largest organ, the SKIN! Sun safety is always in season, no matter the weather. Exposure to the sun can cause sunburn, skin aging, eye damage and skin cancer (U.S. Food and Drug Administration, 2019). The Centers for Disease Control and Prevention ([CDC], 2021) reports that in the U.S. nearly 5 million people are treated for skin cancer each year. The sun's ultraviolet rays can damage your skin in as little as 15 minutes (CDC, 2021).

Prevention is key! Here are some sun safety tips to protect you and your family while outdoors.



References:

Centers for Disease Control and Prevention. (2021). *Skin cancer*. https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families.htm

U.S. Food and Drug Administration. (2019). *Tips to stay safe in the sun: From sunscreen to sunglasses*. <https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasse>

Reminders:

- Continue to send **immunizations, dentals and physicals** as soon as possible. Thank you for those who already have!
- **If your student requires any medication**, scheduled or as needed, to be administered at school please make sure to bring that into the nurse as soon as possible. If you need a form for medication administration at school, please contact me and I will send you the form. A parent or a guardian needs to drop off the medication to the health room. The student should not be bringing any medication to school in their backpack.
- **Continue to keep your child home if they are sick.**
 - If student has a fever, they need to be fever free for a minimum of 24 hours without the use of any fever reducing agents or medications prior to coming back to school.
 - If student has diarrhea and/or vomiting keep home for a full 24 hours from the time it started.
- Continue to send a water bottle in with your student.
- Remind your children that that if they carry a smart device (phone, tablet, watch) they should not be using it during the school day, especially to call and say they need to be picked up due to an illness. If a student is ill during school, they will be sent to the health room. If the student needs to be sent home due to an illness the nurse will contact the parent or guardian.

Please feel free to reach out to the health room for any questions/concerns 😊

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