



FOR THE HEALTH OF IT

Winter 2024/2025
Elementary Schools

a quarterly publication from your School Health team



CHAPPED LIPS: PREVENTION IS KEY

Chapped lips are common when the weather gets colder and the air gets drier. Because the skin on our lips is thinner than the rest of the body, they are more easily irritated by cold air and dry heat and may need some extra attention in the winter months.



Tips to treat chapped lips:

- Use a petroleum, not wax based, lip moisturizer. Students may keep lip balm in their pockets or backpacks to use during the school day.
- Remind your child not to lick their lips as this makes the problem worse!
- The best way to treat chapped lips is to prevent them. Make sure your child drinks plenty of water to stay hydrated and apply lip and skin moisturizers after bathing.

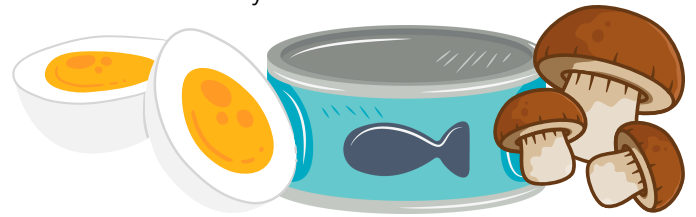


BRUSHING FOR ORAL HEALTH

February is Children's Dental Health Month. Did you know that tooth decay affects more children than asthma or hay fever? By age 8, more than 50% of children have had a cavity in a baby tooth. But the good news is that it is largely preventable. Starting good dental habits at an early age and regular checkups with a dentist help children get a head start on a lifetime of healthy teeth and gums.

VITAMIN D

Vitamin D is a necessary mineral for child development. It helps our bodies absorb calcium for strong bones and supports a healthy immune system, which is extra important during cold and flu season! Our main source of Vitamin D is sunlight. During the winter months, it is harder to get our Vitamin D from the sun, which means we need to get it from other sources, like food. Check out the link for more vitamin D facts and a few ways to include Vitamin D in your child's winter diet.



DRESS FOR THE WEATHER

Wondering what to wear when winter weather hits? Layering clothing allows you to adjust your body's temperature by adding or removing layers as needed. This is especially useful in cold weather, allowing you to add layers to stay warm or remove layers when the day warms up.

1. Base layer (underwear layer): pulls moisture away from the skin
2. Middle layer (insulating layer): retains body heat
3. Outer layer (shell layer): protects from the elements



[titles of articles are linked throughout the newsletter](#)

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Cape Hatteras Secondary

252.995.5730 x3006

First Flight Elem School

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First Flight Middle School

252.441.8888 x2206

First Flight High School

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Kitty Hawk Elem School

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Manteo Elem School

252.473.2742 x1406

Manteo Middle School

252.473.5549 x1207

Manteo High School

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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.



SCAN WITH
YOUR PHONE
CAMERA



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.gov/HHS

HAND, FOOT, AND MOUTH

Hand, foot, and mouth (HFMD) disease is a common childhood infection caused primarily by the coxsackie virus. Symptoms include a rash or blisters that typically occur on the hands, feet, or inside the mouth, but may appear anywhere else on the body. Children may also experience a fever, sore throat, and/or decreased appetite. Symptoms can last 7-10 days and the virus is spread from close contact with an infected person. HFMD is usually not very serious, but is contagious and can be passed to others even before blisters or rash appear. To prevent the spread of HFMD: practice good hand hygiene, regularly disinfect surfaces, and avoid close contact with infected people.



ASTHMA AND COLD WEATHER

The winter months bring cold weather and more frequent respiratory infections, both of which can trigger asthma symptoms and attacks. Cold, dry air can make it more difficult for children with asthma to breathe. Finding indoor activities for children, along with monitoring your home's temperature and humidity levels, can help lessen the symptoms of asthma. Visit the link for tips on how to keep children who have asthma healthy this winter, and as always, follow your child's Asthma Action Plan.



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 Christina (KHES) and Nurse Caity (NHES) for the information in our Winter 2024/2025 newsletter.

