



FOR THE HEALTH OF IT

Spring 2025
Secondary Schools

a quarterly publication from your School Health team

FIGHT THE BITE

June through September is peak season for tick borne diseases such as:



- Lyme disease
- Rocky Mountain spotted fever
- Alpha-gal syndrome
- Southern tick-associated rash illness.

All of which can cause fever, headache, rashes, flu-like illness and more severe symptoms.

TIPS



PROTECT

- Apply an EPA-approved repellent on exposed skin like DEET or picaridin.
- Tuck shirts into pants and pants into socks to cover gaps in your clothing

CHECK

Check yourself and your children for ticks after being outside. Be sure to check your hair, crevices, and belly button.



REMOVE



If you find a tick on you, remove it as soon as possible. Use tweezers, grab the tick as close to its head as you can, pull straight up (do not twist), and wash the bite.

GOT MEDS?

If you provided any medications for your child to be used during the school year, please remember to pick them up from your school nurse. Medications not picked up before the summer, will be disposed of properly. If you need a medication consent form for 2025-26 school year, click the title for a link.

IMMUNIZATIONS

IMPORTANT

RISING 7TH & 12TH GRADERS

Students completing 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.

ESCAPE THE VAPE

Vapes are not safe, especially for teenagers.

Nicotine and flavoring found in vapes are harmful to a teen's developing brain, lungs, and circulatory system.

Nicotine is addictive and harms the brain by altering areas that control: attention, learning, mood, and impulse control.

Tobacco companies are masters at manipulating young people into using their vape products.

Let's empower our youth with the truth about vapes and give them the skills they need to navigate peer pressure.

Resource for Quitting: <https://teen.smokefree.gov/>

**CONGRATULATIONS TO
MANTEO MIDDLE & FIRST FLIGHT ELEMENTARY
FOR HAVING THE HIGHEST PERCENTAGE OF STAFF
PARTICIPATE IN OUR MARCH WELLNESS CHALLENGE!**

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

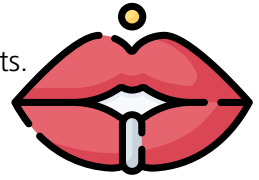
252.475.5071

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.

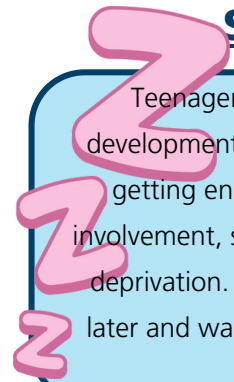
PIERCINGS: KEEP IT CLEAN

Piercings have become increasingly popular amongst adolescents. Beyond classic earlobe piercings other facial and body piercings have become a form of expression and are trendy.



It is very important to take care of piercings properly to prevent complications, infections, and to promote healing. The link in the title provides a basic guide for general aftercare. Keep in mind, different types of piercings (ears, nose, cartilage, belly button, etc.) might have slightly different needs.

SLEEP: HOW MUCH IS ENOUGH?



Teenagers require significant hours of sleep in order to support their development. However, there are many challenges that teenagers face with getting enough sleep. Busy school schedules and responsibilities, sports involvement, social life, increased screen time, and anxiety can all add to sleep deprivation. Teenagers also naturally have a tendency to want to go to bed later and wake up later. Click the link in the title for strategies that can help maintain good sleep health.

SPRING WELLBEING

Just as we eat a variety of foods each day to optimize our physical health, we need to engage in a variety of activities each day to optimize our mental health.

- CONNECT** Spend time with others...ideally, in-person
- PLAY** Be creative, spontaneous. Laugh.
- MOVE** Be physically active and get outside.
- FOCUS** Work towards a goal. Challenge yourself.
- PAUSE** Allow you mind to wander. Relax.
- REFLECT** Check in with yourself, breathe, meditate



MANY MENTAL HEALTH STRUGGLES REQUIRE EXTRA SUPPORT.
IF YOUR TEEN NEEDS A HELPING HAND VISIT:
[HTTPS://SOMETHINGS.COM](https://sometthings.com)



For digital copies of this and other Dare County School Health Newsletters, scan the QR code with your smart phone's 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.com/HHS

Thank you to Nurse Heather (MHS) and Nurse Robyn (FFHS) for the information in our Spring 2025 newsletter.