

Healthy Together

A Quarterly Publication of the Athens City School District Health Team



Cold Weather and Cold Germs

We know it can be confusing to tell the difference between a cold and the flu, so on the second page we've added a helpful infographic from the CDC to help guide you if your child becomes ill. When in doubt, remember - if your child ever has a temp of 100 degrees or higher, they need to be fever-free for a full 24 hours (without fever reducing medication) before returning to school.

Does your child need a winter jacket? Reach out to the nurses and we will gladly get them one!



Updated Vision Services



This year we are utilizing a new program called Athens Eye Care Mobile Vision Program. This program will offer on-site

comprehensive eye exams for students who do not pass the vision screening, or who have other vision concerns. This program is intended for students who do not have a family eye doctor. Please be on the lookout for a permission slip to utilize this service.

Elevator Protocol - East, Morrison & AMS

If a student needs to use the elevator for an injury, we must have a note/email from the parent stating it is necessary. The parent note is good for one day only. If the student needs to use the elevator for longer than one day, we require a doctor's note requesting use of the elevator, with an end date. (Please note this is not applicable if elevator use is approved in an IEP/504/behavior plan.)

Harvest of the Month

Harvest of the Month is an opportunity for students to sample local produce during the school day. This is offered to students at East Elementary and Morrison-Gordon Elementary.

Students are offered a sample of the "harvest", and asked for their vote on whether they enjoyed tasting the sample or not. If they participate, they get a sticker.

In September, our Harvest of the Month was corn cobettes! In November, we will celebrate with apples for Apple Crunch Day!

Staff Wellness Challenges

Each month there is a new challenge for the entire school staff to take on such as biking, hiking, cooking, etc. At the end of the month, we combine all schools' entries and use them as raffle tickets, to choose two winners for that month. Then at the end of the school year, we count all the participations and come up with the winning school building.

The September challenge was to join one of the FREE Ohio University Tantrum Theatre yoga classes that they have been offering our schools. AMS was in the lead for September and the raffle winners were also both AMS staff - Jenny Childers and Kim Niemeyer. The October challenge is to eat a plant based recipe.

If you would like to donate a raffle prize, please email Nurse Heidi at hshaw@athenscsd.org for ideas.



AMS staff the Hattie's Day 5K: Tony Xenos, Jen Childers, Blue Scott, Cierra Ellis and Dana Dieterle

Heidi Shaw RN & Molly Wales RN, Licensed School Nurses, Athens City School District

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Is it Cold or Flu?

According to the CDC, "The signs and symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems."

Need a flu shot? The Athens City-County Health Department has flu vaccine for those 6 months and older. Call to schedule your appointment: 740-592-4431

IS IT A COLD OR FLU?

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

STAYING HOME FROM SCHOOL

Your child should stay home when they have ...

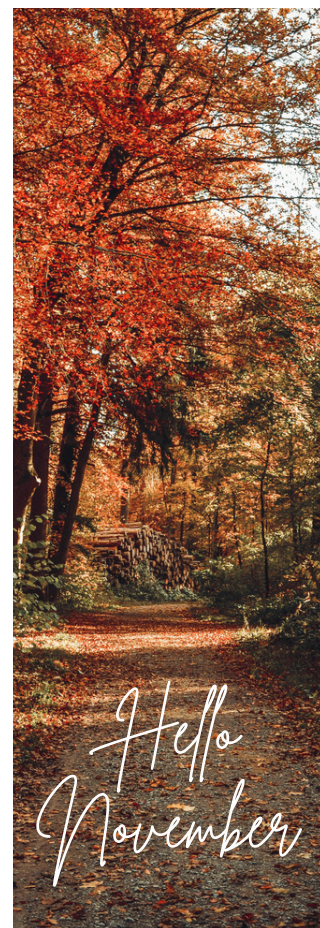
A FEVER	VOMITING	DIARRHEA	A RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY
Temperature of 100° F or higher	Within the past 24 hours	Within the past 24 hours	Rash anywhere on the body	Any lice or nits (lice eggs)	Redness, itching, and/or pus draining from eye	Had a hospital stay and/or ER visit

Your child can come back to school when ...

Fever free without the assistance of medication for 24 hours (i.e. Tylenol, Motrin, Advil)	Free from vomiting for 24 hours	Free from diarrhea for 24 hours	Free from rash and/or have been evaluated by their doctor if needed.	Treat at home and contact the nurses. Student must be cleared by a nurse before returning to school	Free from drainage and/or have been evaluated by their doctor if needed.	Their medical provider has okayed their return to school.
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If your child has strep throat or another bacterial infection, they should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for them to return to school.

DO NOT send your child to school for the nurse to determine if they are well enough to attend. If you have any doubt, keep your child at home and check with your family physician.



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