



# FOR THE HEALTH OF IT

Winter 2025/2026  
Elementary Schools

a quarterly publication from your School Health team

## **BABY, IT'S DRY OUTSIDE**

Did you know that cold air holds less moisture? That means the air is drier in the winter months. Dry air can wreak havoc on our skin, resulting in chapped/cracked lips, dry & itchy skin and even nosebleeds! So take care of your body's largest organ and follow these simple tips to combat the cold air:

Lips:

- Use a petroleum, not wax based, lip balm.
- Avoid licking lips.

Nose:

- Keep nasal passages moist with saline nasal spray.
- Apply petroleum jelly (Vaseline) to nostrils.

Skin:

- Drink plenty of water.
- Moisturize (lotion or oil) after bathing.

Use a cool mist humidifier in the home.

## **GIVE THE GIFT OF SAFETY**


'Tis the season for gift giving and receiving, but new toys may mean new safety hazards. Check packaging to make sure toys are age appropriate. Keep toys with small parts (especially button batteries and magnets) out of reach of young children. Follow manufacturer recommendations for product use. If you're gifting a bike, scooter, or other ride-on item, remember to include essential safety gear like helmets and pads! Check out the link in the title for more safe gift giving tips.



## **ONLY YOU CAN PREVENT [HOME] FIRES**

As we head into the festive season, it's a great time to review a few simple fire-safety tips. Keep decorations and greenery away from heat sources. Make sure fireplaces and heaters are used and working properly. If new toys contain lithium batteries, ensure proper handling, storage, and charging of batteries. Never leave candles, cooking, or roasting chestnuts unattended. Check that smoke alarms are functioning and be sure children know how to respond in an emergency. A few quick precautions can help keep the holidays joyful, cozy, and safe for everyone.



 February 17th

## **RANDOM ACTS OF KINDNESS DAY**

Continue to spread the love after Valentine's Day! February 17th is Random Acts of Kindness Day. Spreading kindness and goodwill benefits not only the recipient, but the giver as well. Demonstrating and sharing kind acts as a family fosters compassion and goodwill. An act of kindness can be as simple as giving someone a compliment. Visit the link in the title for more ideas. And remember, we can spread kindness every day of the year!

## Dare County 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**  
252.473.5841 x1051

### 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

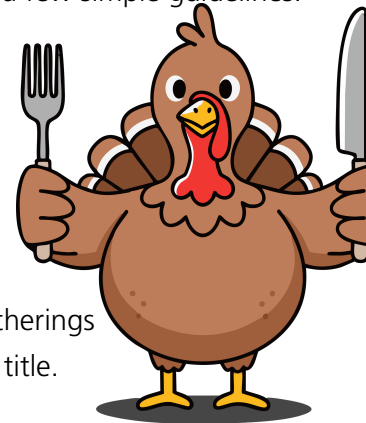
## FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death in the U.S., but many risk factors - like inactivity, poor diet, stress, and smoking - can be improved with simple lifestyle changes. This month, we're encouraging families to focus on small, daily habits that support a strong and healthy heart. Children learn by example and it's never too early to introduce heart healthy habits like being active, meal planning, and getting enough sleep. Let's show our hearts some love this February (and beyond)!

### NURSE'S GUIDE TO SAFE HOLIDAY FEASTS

The holidays bring families and friends together for plenty of delicious food and festive fun, but unsafe food handling can quickly spoil the celebration. Help keep food poisoning off the holiday menu this year by following a few simple guidelines:

- Keep hands, utensils, and surfaces clean
- Avoid cross-contamination by separating raw and cooked foods
- Cook foods to safe internal temperatures
- Refrigerate and store leftovers promptly and properly



A little extra care in the kitchen can ensure your holiday gatherings stay happy and illness free! Find out more at the link in the title.

**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 Kelly (CHES) for the information in our Winter 2025/2026 newsletter.*



## County of Dare

Department of Health & Human Services

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