

Flu Versus Cold: Which is it?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold and symptoms are often more intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose.

With Cold and Flu season upon us...many people ask which type of Over-the-counter (OTC) medication is best to take for illness or pain. It is important to realize the differences in over the counter medications when taking for treatment. For information visit the American Academy of Pediatrics recommendations:

Symptoms	Cold	Flu
Onset	Slow, days	Sudden, hours
Fever	Rare, low	Common, high
Headache	Rare, mild	Common, several
Blocked Nose	Common	Often
Dry Cough	Common	Often
Chest Pain	No or mild	Often
Muscle Pains	No or mild	Often
Tiredness	No or mild	Common
Duration	1-10 days	3-7 days



When to Keep a Sick Child Home

Often times it is difficult to make the decision when to keep a sick child home from school. Here are some guidelines that may help.

- Fever of 100 degrees or higher. Students should not return to school until their temperature has been normal for 24 hrs. By the way, being fever free does not mean if the temperature is normal AFTER medicating with Tylenol or Ibuprofen.
- Vomiting or diarrhea within the last 24 hours
- Excessive cough or cough that produces phlegm
- Contagious diseases such as strep throat, bronchitis, or other strep or staph infections until being on antibiotics for 24 hours.
- Undiagnosed rash or skin infections such as impetigo or ringworm that cannot be covered with clothing and bandages
- Injuries or surgical procedures that require narcotic medications to relieve pain

For more information visit the American Academy of Pediatrics recommendations at



January is National Winter Sports Traumatic Brain Injury Awareness Month

Sports are a great way for your child to stay active, healthy and focused in school. To help reduce the risk of concussion or other serious head injury see the CDC recommendations for safety



Congratulations



to the winner of the Fall Wellness Challenge - Cape Hatteras Elementary School! Also a special shout out to Central Office staffers, Sharon Sullivan and John Donlan, for their participation!

Dare County's School Nurses Middle & High Schools

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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.

Teens & Sleep

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful — even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams, on the court or on the field. Remember: A brain that is hungry for sleep will get it, even when you don't expect it. For example, drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year. When you do not get enough sleep, you are more likely to have an accident, injury and/or illness.

Facts about Teens & Sleep:

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights.
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.
- Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.



Click here to find out how much sleep you need:

Cold Water Rescue

"It is impossible to die from hypothermia in cold water unless you are wearing flotation, because without flotation – you won't live long enough to become hypothermic."

With so many students fishing, surfing and hunting, it is important that we remind them yearly to use life preservers in order to potentially save their lives in the case of an accident.

The following video teaches important life saving information.



This newsletter was written by Cid Causey, CHSS school nurse, and Robyn Dozier, FFHS school nurse.



County of Dare

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