



for the Health of it

Spring 2016

Mosquitoes & Ticks

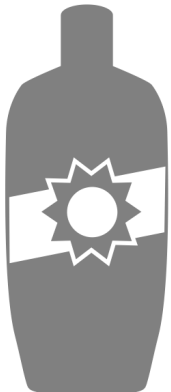
Mosquitoes and ticks love the warm weather just as much as we do! When outside, don't forget to protect yourself from illnesses these insects can carry. Use EPA approved insect repellent, especially in wooded areas. Do not leave any stagnant water supplies around your home for mosquitoes to breed. Know the symptoms of illnesses such as Zika (mosquito borne) and Rocky Mountain Spotted Fever (tick borne):



For the Health of it is a quarterly publication from your School Health team.



Sunscreen



Research shows that suffering one or more blistering sunburns before the age of 18 more than doubles a person's chances of developing melanoma skin cancer later in life. Follow the following tips for sunscreen use:

- Use sunscreen with sun protective factor (SPF) 30 or higher, and both UVA and UVB protection.
- Reapply if you stay out in the sun for more than two hours, and after you swim or sweat.
- Check the sunscreen's expiration date. Sunscreen that has expired or is older than 3 years will not be as effective in providing protection from UV rays.

For more information, please visit:



Allergies and Asthma

Seasonal changes can make asthma and allergies worse due to increased pollen in the air. If seasonal allergies are a trigger for your child, limit time outside during days with poor air quality.

Prepare for the weather before you leave your home by checking the pollen count and air quality index on The Weather Channel's Allergy Tracker:



If you are unsure of what your child's asthma trigger may be, talk to your pediatrician and visit:



Hydration Tips For Children

Children are much more at risk of becoming dehydrated than adults. Here are a few simple precautions:

Do not wait until your child is thirsty to give fluids, offer smaller amounts of fluids during the day rather than large amounts at one time. When it is hot outside, make sure you drink fluids before, during and after activity. Schedule frequent beverage breaks during activity (about every 20 minutes) in hot weather.



Get Moving! Look at all our community has to offer!



Join your friends or make new friends by gathering on the beach for some summer fun. Surfing, swimming, skim boarding, and boogie boarding are just a few of the activities that can get families healthy and active over the summer months. Be smart and swim near a lifeguard!

For more information on beach safety:



"200 years of progression have unwittingly produced a concrete playground. All it took were the minds of 12 year olds to realize it."

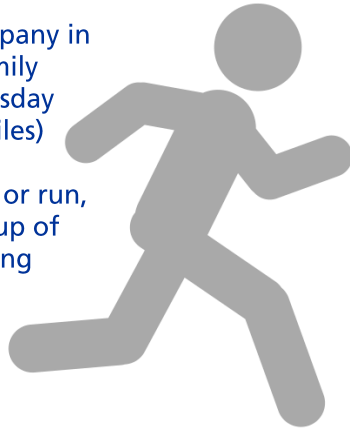
Anonymous

Area skateparks are open throughout the year and are great places for kids of all ages to get exercise while having fun. Remember to have your child wear a helmet and pay attention to the safety of themselves and others!

For area parks:



Roanoke Island Running Company in downtown Manteo offers family friendly group runs every Tuesday (2 miles) and Thursday (3.1 miles) evenings at 5:30p. These gatherings allow you to walk or run, at your own pace, with a group of people enthusiastic about being active!



For more information like them on Facebook:



We are surrounded by some of the most naturally beautiful scenery along the Atlantic – why not take some time to explore your own backyard with walking trails throughout the county?

Festival Park & Fort Raleigh in Manteo
Duck Trail in Duck

Nags Head Woods in Nags Head & KDH

Jockey's Ridge in Nags Head

Maritime Forest in Kitty Hawk

Buxton Woods Nature Trail in Hatteras

Pea Island National Wildlife Refuge in Rodanthe

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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.