



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.



Up to half of all Americans who live to age 65 will have skin cancer at least once.

Sunscreen

- Use a broad-spectrum sunscreen with a SPF of at least 15.
- Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds.

Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel.



HPV Vaccine

Human Papillomavirus (HPV) is a virus responsible for causing several different types of cancers and about 79 million Americans are currently infected with this virus. There is good news though! HPV can be prevented by a series of 3 vaccinations with Gardasil, available at your child's pediatrician's office or the Department of Health & Human Services. This vaccine is recommended for *girls and boys aged 11 to 12 years old, but can be given up to the age of 26.*

For more information scan this QR code with your mobile device.



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."

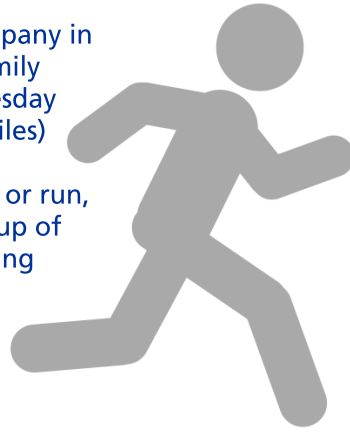
Anonymous

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

Dare County's School Nurses Middle & High Schools

Cape Hatteras Secondary
Cid Causey
252.995.5730
x3006

First Flight High
Robyn Dozier
252.449.7000
x2495

First Flight Middle
Lisa Porter
252.441.8888
x2206

Manteo Middle School
Jodi Francis Wyant
252.473.5549
x1207

Manteo High School
Robin Winnett
252.473.5841
x1051

School Health Supervisor
Jodi Francis Wyant
252.473.5549
x1207

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.