



# for the Health of it

Winter 2016

## Tdap & Meningococcal Immunizations Required



Students entering Seventh Grade are required to receive Tdap and Meningococcal immunizations prior to the start of school in August 2015. This can be done anytime, between now and the start of school, by your primary health care provider or the Dare County Department of Health & Human Services.

To schedule an appointment for these immunizations at the Dare County Department of Public Health, please call 252.475.5003.

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



## Healthy Living this January!

Kick off the new year on a healthy note...everyone tends to indulge in lazy afternoons and delicious foods over the holidays. But instead of continuing to let crisp winter days keep you inside - let's work on a new year with a healthier diet and exercise to burn those extra winter calories. Healthy information to fuel your post-holiday goals can be found by scanning the QR code with your mobile device.

## HPV Vaccine

You've heard about it in the media, but what is it really? The HPV vaccine is a series of three vaccinations that have been proven to prevent types of cancers caused by certain strains of the human papillovirus. The primary vaccination is recommended for both girls and boys between the ages of 11 and 12 years old, but can be received up until the age of 26. You can schedule an appointment for this vaccine at your student's pediatrician or the Dare County Department of Health & Human Services.

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



## Be a Roll Model: Bicycle Safety

Winter is a great time to get out on your bicycle and get a little outdoor break from those winter blues. While North Carolina law requires all bicyclists under the age of 16 to wear a bicycle helmet, helmets are recommended for all bicyclists. Bicycle and Road Safety for our students is of the utmost importance - Be a Roll Model, wear a helmet, and talk to your children about the right way to ride.

For more information and to learn how you can Be a Roll Model scan this QR code with your mobile device.



## Cold v. Flu



The NIH has made an easy to follow chart with major differences between the two viruses.

Sniffles, sneezing, and - ough - that sore throat. Is it the common cold or could it be something more, could it be the dreaded influenza virus? The flu is generally accompanied by a high fever, body aches, and extreme exhaustion. If your child isn't feeling well, evaluate your child's symptoms between the two viruses by scanning the QR code above with your mobile device and call your family doctor for follow-up as needed.

## When to send your child back to school...

In the midst of the winter season of flu, cold, and stomach viruses, we ask that your child meet the following guidelines before you return them to school after being sick.

These basic guidelines can help protect other students, teachers, and families at school:

- 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 student has been taking the antibiotic for 24 hours.
- If student has had a surgical procedure, do not return to school until narcotic medications for pain are no longer needed.
- Keep student home for severe sore throat, excessive cough producing phlegm, severe headache, earache, or stomachache.

If your child has ANY illness that makes him or her 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.



## 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.