



Halfway Health News



November 2009

Dear Parents/Guardians,

Miles for Smiles will be at Halfway School from November 16th through November 19th. Forms were sent out with all students K-12. If the form did not make it home and you are interested in getting your children signed up, please contact me by November 6th.

The H1N1 vaccine is available at the Polk County Health Department at no cost. The vaccine will not be disturbed to local doctor offices; they will only be given at the health department. The most at risk groups have been identified as pregnant women, those from 6 months to 24 years of age, and individuals with chronic health conditions. If you are interested in receiving the vaccine for your child or yourself, you will need to call 326-7250 to be placed on a waiting list.

Sincerely,
Julie Wilken, RN

How can I protect my child against flu?

Take everyday steps that can help prevent the spread of germs. This includes:

- ✓ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- ✓ Stay away from people who are sick.
- ✓ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ✓ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ✓ If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- ✓ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

HEAD LICE

- Head lice is a condition that each year affects approximately 6 to 12 million children between the ages of 3 and 12 years of age, and about 1 in every 100 elementary school children. Head lice are parasites that are generally found on the scalp, around the ears, and at the back of the neck. The adult louse is about the size of a sesame seed, and can be a reddish brown color. Eggs, or nits, are smaller and silver in color.
- Head lice are not a sign of poor hygiene and they do not transmit disease. Transmission from one child to another can occur during direct contact or sharing of personal items such as combs, brushes, caps or helmets. Head lice do not jump like fleas do.
- The most common symptom of head lice is head scratching, particularly at night, although red bite marks may also be noticed.
- Nit picking with a fine-tooth comb along with safe and effective products are available, both over the counter and by doctor's prescription, to treat this problem. It is important to follow the directions carefully. It is also important for parents to pick nits out with their fingers. It is a long task, but it must be done to make sure all nits are removed.
- Parents should also wash in hot water or dry-clean all recently worn clothing, hats, used bedding, and towels. Personal care items such as combs, brushes and hair clips should also be washed in hot water.
- Toys are to be kept in an airtight bag for 1 week or placed outside during the winter months for 1 week.



Students must be fever free (less than 100.0 degrees) for 24 hours without any Tylenol, Ibuprofen, or Motrin before they are allowed to return to school.

