



# Nursing Newsletter

The WLWV Nursing Department will be using this forum to address current health topics. Please visit our website for more information pertaining to your student's health and safety at school.

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## FIGHT THE FLU

- Get your seasonal flu vaccine
- Cover your nose and mouth with a tissue or your arm when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- Stay home if you become sick\*

Students with fever greater than 100.5°, vomiting, diarrhea may return to school when they are without symptoms for a minimum of 24 hours without the use of medication used to prevent these symptoms.

## Handwashing: Clean Hands Save Lives

**Handwashing** is like a "do-it-yourself" vaccine—it involves five simple and effective steps (think Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

### HOW?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.



### WHEN should you wash your hands?

- Before, during, and after food prep
- Before eating food

- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Source: Centers for Disease Control and Prevention: <http://www.cdc.gov/handwashing/index.html>

## Immunization Exclusion Day

Exclusion Day is rapidly approaching. Be sure to get your student's immunization updates turned in to the school office as soon as possible. Names of students with incomplete vaccination records were turned in to the Clackamas County Health Department January 14, 2015.

**Exclusion Day is February 18, 2015.**

### A few helpful tips:

- One dose of Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough) is required for students in seventh through 12<sup>th</sup> grade.
- The hepatitis A vaccine, a two-dose series that protects against a communicable viral infection, is required for children

18 months and older in childcare, preschool and for those in kindergarten through fifth grade.

- By law, no one can be turned away from a local health department because they can't afford the required vaccines.
- Pharmacists can immunize children 11 or older.