

Health Room Fall Newsletter

From Niki Depperschmidt, RN



Stomach "Bugs"

**It's that time of year that we often begin to see "Stomach bugs" or "Stomach flu". These "Bugs" are often caused by Norovirus, and is highly contagious. There may or may not be an associated fever.

Prevention includes frequent hand washing and cleaning contaminated surfaces and laundry.

Students must remain home for a minimum of 24 hours after vomiting, diarrhea and/or fever stops without the use of medication to stop vomiting, fever, or diarrhea. They should be able to tolerate normal meals before returning to school.

Strep Throat

**Strep throat is caused by a bacterial infection and is more common in children than adults. As with other illnesses, prevention involves hand washing and covering coughs and sneezes. Symptoms include sore throat and fever. Testing at a doctor's office is needed to diagnose and treatment involves antibiotics. Testing is also available at the Scott County Health Department.



Students should not return to school until 24 hours after starting antibiotics and being fever-free.

Hand, Foot, and Mouth Disease

**Hand, foot, and mouth disease, or HFMD, is a contagious illness caused by different viruses. It is common in infants and children, however older children and adults can also get HFMD.

HFMD is usually not serious, and nearly all recover in 7 to 10 days without medical treatment. There is no specific treatment for HFMD. Fever and pain can be often managed with over-the-counter fever reducers or pain relievers.

Symptoms often include fever, reduced appetite, sore throat, painful mouth sores that usually begin as flat red spots, flat red spots that appear on the palms of the hands, soles of the feet and sometimes the knees, elbows, and buttock/genital area. These symptoms usually appear in stages , not all at once.

HFMD is spread through mucus, blister fluid, and feces. Good personal hygiene and frequent good hand washing , avoiding touching eyes, nose or mouth with unwashed hands, avoiding sharing cups or eating utensils, and disinfecting frequently touched surfaces can help reduce the chance of getting and spreading HFMD.

Students should not return to school until 24 fever free or if your child has many open blisters that the child is not able to manage with good hygiene practices.

****Note:** Exclusion from school will not reduce the spread of HFMD because the virus can be spread even if they have no symptoms and can be present in the stool for weeks after symptoms are gone.

Reference: CDC , 2019 available at [cdc.gov/features/handfootmouthdisease/index.html](https://www.cdc.gov/features/handfootmouthdisease/index.html)

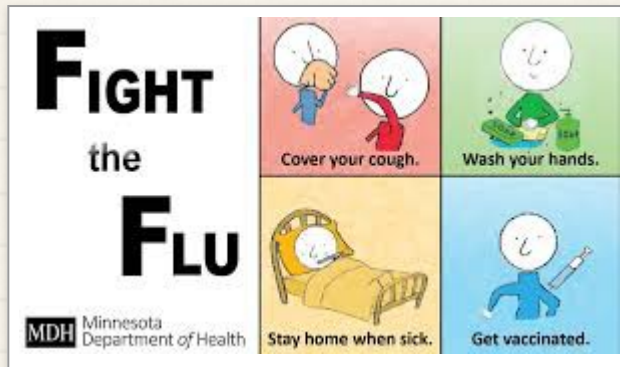
Head Lice

****Head lice** are a common annoyance and can occur year-round. They do not cause illness and do not jump or fly. Lice are primarily spread through direct head-to-head contact, and less commonly through shared personal items. Lice medicines kill live lice; your doctor can make suggestions for specific products. Home remedies and holistic treatments have not been shown to be effective.

Children should be taught to avoid sharing items such as hats, combs, brushes, scarves and pillows.

Reference: CDC, 2017 available at: [cdc.gov](https://www.cdc.gov)

It's time for your flu shots!



Contact info

Niki Depperschmidt, RN

Scott County USD 466 School Nurse

📍 410 East 8th Street, Scott City,...

✉ ndepperschmidt@usd466.org

☎ 620-872-7660

🌐 usd466.socs.net/vnews/displa...

****Notices****

Notices are not sent home when isolated cases of common concerns occur. Parents should remain alert for these common health issues throughout the school year.