

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.

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



Head Lice

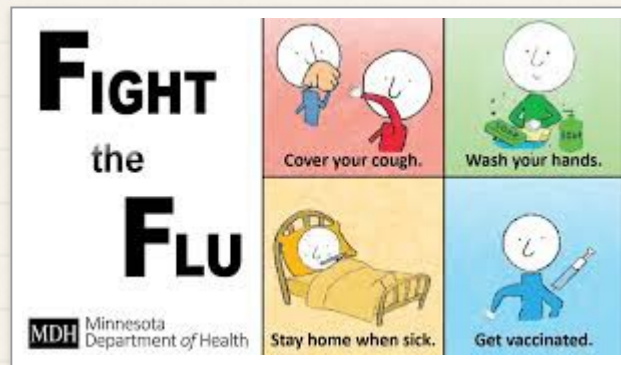
**Head lice are a common annoyance and can occur year-round. They do not cause illness and do not jump or fly. Lice are primarily spread through direct head-to-head contact, and less commonly through shared personal items. Lice medicines kill live lice; your doctor can make

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

It's time for your flu shots!



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****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.