



The WISD Health Services goal is to assist student to strive for optimal wellness in a safe and nurturing environment, supporting them to have the ability to compete in a global society. As professional nurses, we believe that in a safe nurturing school environment, all students can maximize their individual level of physical, social, emotional and educational well-being through intricate partnerships including not only the student but also parents and community.

Health Matters

Winter

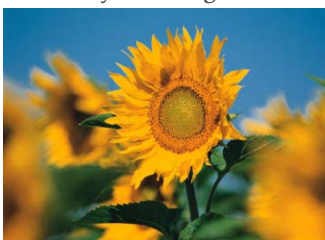
January 2011

Is it Allergies or a Cold?

As we head into winter, our WISD Nurses would like to remind staff of common symptoms associated with a cold and/or allergies. Often students appear in our clinics with multiple upper and lower respiratory symptoms, including cough, stuffy or runny nose, congestion, or sore throat. In the state of Texas we see a variety of allergies that can occur throughout the year due to the mild winters. The common cold virus usually lasts only a week to ten days, but an allergy may continue for weeks or months. Cold viruses are contagious but allergies are not.

Allergies occur when something outside of the body enters the system such as pollen, dust, mold, pet dander, or foods. The body tries to protect the body by sending white cells or MAST cells. The cells are present in our nose, lungs, skin and small intestines. A chemical called HISTAMINE is released by the MAST cells to try to defend the body from the offending substance and produces swelling and mucous secretions. This reaction is what we are seeing when our eyes swell, throat tightens, and nose becomes stuffy. We cough and wheeze due to the overproduction of secretions.

Best defense is to identify triggers and avoid them. If unavoidable, seek help from your private physician.



One out of four Texans suffer from seasonal allergies.

Indoor Triggers

- ❖ Pet Dander – bathe indoor pets weekly
- ❖ Wall to Wall Carpet - remove if possible or vacuum twice weekly
- ❖ Mold – weekly clean tiles and shower curtains with mold killing solution.
- ❖ Throw rugs - wash weekly or dry clean
- ❖ Dust mites – Encase bedding, pillows and mattresses
- ❖ Dust – avoid curtain, clean shades weekly
- ❖ Dust – change air filters monthly.

How Controlled is Your Child's Asthma?

Answer the following questions to see how well your child is doing.

1. In the past 4 weeks, did your child:
 - a. Have wheezing or difficulty breathing when exercising?
Yes (1) No (0) Unsure (1)
 - b. Have wheezing during the day when not exercising?
Yes (1) No (0) Unsure (1)
 - c. Wake up at night with wheezing or difficulty breathing?
Yes (1) No (0) Unsure (1)
 - d. Miss days of school because of his/her asthma?
Yes (1) No (0) Unsure (1)
 - e. Miss any daily activities (such as playing, going to a friend's house, or any family activity) because of asthma?
Yes (1) No (0) Unsure (1)

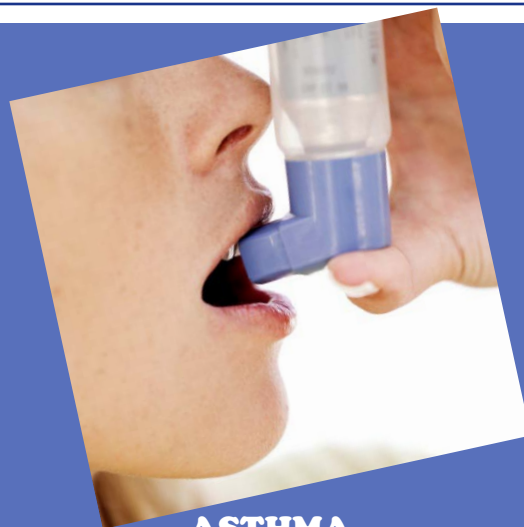
2. Does your child use an inhaler or a nebulizer for quick relief from asthma symptoms?
Yes (see below) No (0) Unsure (0)

If yes, in the past four weeks, what was the greatest number of times in one day your child used this inhaler/nebulizer?

- 0 (0)
- 1 to 2 (0)
- 3 to 4 (1)
- 5 to 6 (1)
- More than 6 (1)

3. Do you believe that your child's asthma was well controlled in the past four weeks?
Yes (0) No (1) Unsure (1)

Enter the total score here. **TOTAL**
If the score is "1" or greater, consider talking with your child's doctor.



ASTHMA

The most important treatment in the relief of asthma is the correct use of the prescribed inhaler.

1. Remove the cap and hold the inhaler upright.
2. Shake the inhaler.
3. Tilt your head back slightly and breathe out.
4. Press down on the inhaler to release the medication as you start to breathe in slowly.
5. Breathe in slowly for 3-5 seconds.
6. Hold your breath for 10 seconds to allow medicine to go deeply into your lungs.
7. Wait 1-2 minutes for medication particles to settle in lining of lung and open bronchioles to receive an additional dose lower in the respiratory system.

Spacers are very useful and may be the only way a small child may receive the medication dose effectively. Spacers are highly suggested for use in elementary children.



A healthier child is a better learner.

Should I send my child to school?

To determine if your child is able to attend school consider the following.

1. Temperature - should be below 100 degrees for 24 hours.
2. Communicable condition - free from unknown rash or other conditions that might indicate disease.
3. GI - free from vomiting or diarrhea for 24 hours.
4. Injury - resulting in need for physician consult.

Your campus nurse will be glad to help you with the health needs of your child. A healthier child is a better learner!

WISD Elementary Clinics host free vaccination clinics for 6th graders!

Beginning February 7th the WISD elementary schools will be hosting free sixth grade vaccination clinics. The clinics will be held at each campus on the dates provided below. The clinics will be open from 1:00 p.m. to 3:00 p.m. Free vaccinations will be provided by **Parker County Hospital District**. The vaccines given will be those required for the 2011-2012 school year.

Parents are invited to be present when the vaccinations are administered, but they are not required to be there. However, vaccination permits must be completed and signed before any vaccination will be given.

Vaccinations are also available through many of the private physicians in the Weatherford Community.

School schedule for vaccinations (1:00 p.m. to 3 p.m. at each campus):

February 7 – Curtis Elementary
February 8 – Wright Elementary
February 9 – Austin Elementary
February 10 – Seguin Elementary
February 15 – Mary Martin Elementary
February 16 – Ikard Elementary
February 17 – Crockett Elementary

Permits required are available through your campus nurse or through the following websites.

Weatherford ISD Health Services

http://www.weatherfordisd.com/home/index.php?option=com_content&view=article&id=259:weatherford-elementary-school-clinics-to-host-free-vaccination-clinics-for-sixth-graders-beginning-feb-7&catid=32:district-news&itemid=62



PREVENT The Spread of Germs

*Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

*Wash your 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.

*Try to avoid close contact with sick people.

If you are sick with flu-like illness, the CDC recommends that you stay at home for at least 24 hours after your fever is gone except to get medical care or other necessities. (Fever should be gone without the use of a fever reducing medication.)

While sick, limit contact with others as much as possible to keep from infecting them.

Be well!