



THE NURSES CORNER SCHOOL NEWSLETTER

2011



HELLO STUDENTS AND PARENTS

Working hard for a healthy school year!



REMINDER!

- Don't assume that the school is aware of all health conditions or that health conditions get transferred over every year. If a student has a significant health condition, please notify the school secretary, teachers, and nurse every year.
- Remember that the school does not stock any medication. The only medication kept at school is what is brought in by parents specifically for their child. You must have a medication permission form filled completely out with parent signature before medication can be administered at school. The medication must also be in the original container before the school will accept it to be given.

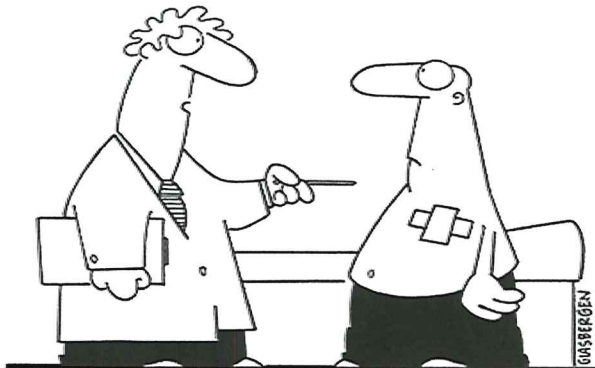


IMPORTANT MEDICAL INFORMATION

FLU SHOTS ARE NOW AVAILABLE IN THE COMMUNITY. IT IS RECOMMENDED TO GET THESE EARLY TO HELP PREVENT A FULL FLU SEASON.

HEARING AND VISION SCREENS WILL BE COMPLETED BY THE FIRST WEEK OF SEPTEMBER FOR 1ST, 3RD, AND 5TH GRADES. IF YOU HAVE ANY CONCERNS OR QUESTIONS (NO MATTER WHAT GRADE LEVEL) ABOUT YOUR CHILD'S HEARING AND VISION CONTACT THE SCHOOL NURSE.

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"It's a pacemaker for your heart,
plus you can download apps for your
liver, kidneys, lungs, and pancreas!"

NEWSLETTER AGENDA

To view any previous newsletters check-out the nurses corner on the school website.

Endnote

Each newsletter will feature an acute condition on the back page with information for you to know.



HEAT-RELATED ILLNESSES (Sun Exposure)

PREVENTION:

1. Athletes: acclimatization – start to exercise in the heat 2 weeks before practices are due to begin, practice in the morning, frequent drinks of water during practice and games, available shade for rest; don't be afraid to cancel practice in conditions of high heat and humidity; only start two-a-days after several one-a-day practices; have thermometers and cooling baths on site; have an emergency action plan.
2. Non-athletes: education about high water intake and rest when feeling faint while working in sun.

SALT TABLETS: Not necessary if high dietary salt intake. Potentially dangerous if insufficient water intake.

HEAT DISORDER SYMPTOMS

DISORDER	SYMPTOMS	FIRST AID
SUNBURN	Redness and pain. In severe cases swelling of skin, blisters, fever, and headaches.	Aloe vera lotion for mild cases, if blisters appear, do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.
HEAT SYNCOPE (FAINTING)	Same as simple fainting but is associated with heat and exercise.	See Fainting.
HEAT CRAMPS	Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.	Firm pressure on cramping muscles, or gentle massage to relieve spasm. Sips of water. If nausea occurs, discontinue water. If vomiting continues, discontinue exercise and seek immediate medical attention.
HEAT EXHAUSTION	Heavy sweating, weakness, skin cold, pale, clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.	Get victim out of sun. Help lie down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.
HEAT STROKE	High body temperature (104°F or higher) Hot and dry skin. Rapid and strong pulse. Possible unconsciousness.	Call 911. Meanwhile, move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Remove clothing, use fans, air/conditioners. If temperature rises again, repeat.
	HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL.	

Apparent Temperature Scale (Heat Index)*

Temp °F	Relative Humidity (%)						
	30%	40%	50%	60%	70%	80%	90%
86	84.4	86.3	88.3	91.0	95.0	99.4	104.6
88	86.5	88.8	91.4	94.9	99.8	105.6	111.8
90	88.8	91.5	94.9	99.3	105.2	112.3	119.5
92	91.2	94.4	98.9	104.3	111.3	119.5	127.7
94	94.0	97.6	103.3	109.9	118.2	127.1	136.3
96	96.9	101.2	108.1	116.1	125.4	135.1	145.3
98	99.8	105.1	113.2	122.4	132.8	143.4	154.6
100	103.0	109.3	118.6	128.9	140.4	152.0	164.2
102	106.1	113.8	124.3	136.0	148.3	160.9	174.1
104	109.5	118.7	130.4	143.3	156.6	170.2	184.4
106	113.4	124.0	136.9	151.0	165.3	179.9	195.1
108	117.7	129.7	143.8	159.1	174.4	190.0	206.2
110	122.4	135.8	151.1	167.6	183.9	200.5	217.7

HI 90 - 105 = Hot:* Heat cramps and heat exhaustion possible with prolonged exposure and physical activity.

HI 105-130 = Very Hot: Heat cramps or heat exhaustion likely. Heatstroke possible with prolonged exposure and physical activity.

HI 130+ = Extremely Hot: Heatstroke imminent with prolonged exposure and physical activity.

Adapted from Texas Department of Health.