

Nurse Office News

Just a short note, we are continuing to see a number of students with strep throat. If your child complains of sore throat, please take note of this. Some of the students are complaining of a stomachache, which is followed by a sore throat. I have also had a number of students which have been treated several times with different antibiotics before the strep throat has been cured. Please make sure your child is finishing all medication prescribed by the physician.

Our weather is finally warming up so we can spend enjoy spending more time outside. Like any good thing, there are always concerns. I have already seen students in my office to have ticks removed. You need to be thorough when removing any **tick**. Make sure if the tick is attached to the skin that you are able to get all appendages removed. I find the best way to remove a tick is to completely cover them with Vaseline, peanut butter, or mayonnaise to suffocate the tick. Let this set on them for a minute or two before trying to remove the tick. Gently wipe the Vaseline, peanut butter, or mayonnaise off with a tissue. Use a tweezers, placed on the individual's skin, and gently pull the appendage out of the skin. The reason for suffocating the tick is that when they get upset or excited they will release the bacteria that cause Lyme disease into the individual's blood stream.

Deer ticks typically feed on the blood of mice, small birds and deer, but they can also feed on the blood of humans, cats, dogs and horses. Mice are the prime reservoir for Lyme disease bacteria. Ticks live in low bushes and tall grasses of wooded areas, waiting for warm-blooded animals to pass by. Deer ticks are most active in the summer.

To contract Lyme disease, you must be bitten by an infected deer tick. The bacteria can enter your skin through the bite and eventually make their way into your bloodstream. Before bacteria can be transmitted, a deer tick must take a blood meal and that can take more than 48 hours of feeding. Only ticks that are attached to your skin and are feeding can transmit bacteria. Check yourself when you come in from outside for ticks. Removing the tick as soon as possible may prevent infection. If you remove a tick within two days, your risk of acquiring Lyme disease is low. Only a minority of deer tick bites lead to Lyme disease. (The above information was gathered from Mayo Clinic.com.)

Remember your pets (cats and dogs) regarding ticks. Ticks can also attach themselves to your pets. Even if you have treated your pet with something to keep ticks from attaching themselves to you pet, your pet can still carry them inside your house where the tick might attach itself to a family member. A good habit to get into would be to check your pet just before they enter the door of the house to make sure they don't have any ticks on them.

Mosquitoes provide another concern in warm weather, especially around areas of stagnant water sources. If you're going to be outdoors—especially in wooded areas during the summer months—the way you dress is your first and best line of defense. Wear long pants and tuck them into your socks. Long sleeve shirts and a hat are also good cover. CDC recommends the use of products containing active ingredients which have been registered by the U.S. Environmental Protection Agency (EPA) for use as repellents applied to skin and clothing. Make sure whatever repellent you use, to follow instructions carefully. Some repellents are to be used only on clothing, not applied to the skin.

EPA recommends the following precautions when using insect repellents:

- Apply repellents only to exposed skin and/or clothing (as directed on the product label.) Do not use repellents under clothing.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using sprays, do not spray directly on face—spray on hands first and then apply to face.

- Do not allow children to handle the product. When using on children, apply to your own hands first and then put it on the child. You may not want to apply to children's hands.
- Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation are generally unnecessary for effectiveness. If biting insects do not respond to a thin film of repellent, then apply a bit more.
- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing it again. (This precaution may vary with different repellents—check the product label.)
- If you or your children get a rash or other bad reaction from an insect repellent, stop using the repellent, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to a doctor because of the repellent, take the repellent with you to show the doctor. (**Information about mosquitoes/repellants obtained from CDC website.**)

Play it safe when you are out in the sun. Always apply a good sunscreen to lessen your chances of skin cancer. If you perspire a lot or are in and out of water you may need to reapply the sunscreen. Also wear a good pair of sunglasses to protect your eyes from the rays of the sun. You should limit the time you spend in the sun during the hours of 10 AM and 2 PM when the rays of the sun are the strongest.



Have a Good Month

Nurse Deanna

