



School Health News

November 2010

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Seasonal Flu Vaccinations Administered

Once again this year with the assistance of the Ross County Health Department Nurse's, we were able to complete our annual employee and family flu vaccination program. The RCHD nurses came to our district a total of 3 times and administered 128 vaccinations. Thanks to Medical Mutual for working this out so our employees and dependants with Med Mutual did not have to pay for the vaccination. Flu season is anticipated to begin this winter in late December or early January, and last for several months. By receiving our injections in mid-November, staff should have the flu immunity built up and be protected from many of the various strains of this years infection. As another bonus this year, the H1N1 vaccine was a part of the regular seasonal vaccine, so there is only a single shot needed this season!



Left- CREW supporter Nick gets his flu shot in order to stay healthy this winter cold and flu season.

Right- Nurses Michelle and Emily of the Ross County Health District administer flu vaccinations to staff and dependants during the elementary flu clinic.



What's Bugging Us?

There have been a few cases of Pertussis or "Whooping Cough" reported around the county from the various schools. When this does occur, the health district notifies the school nurses and we send home letters of exposure or recommended treatment; based on the advice of the health district. There has been minimal Pertussis activity so far this school year, but we expect to see more as flu and cold season hits. 7th graders receiving a booster dose of Tdap should also help this issue and limit cases in the junior high.

While we have not had any reported cases of bed bugs, we have noticed a few cases of head lice in various class rooms. We are monitoring this issue and taking steps as necessary. We do not have an "outbreak" of head lice and it is not "out of control" , we have been monitoring several classes to watch for problems and repeat occurrences. Remember to pull your child's hair up, discourage sharing of brushes and head gear, etc as at school.

No cases of bed bugs have been reported to us by the Ross County Health District and we work with them on a variety of issues about school.

More Healthy News

Special thanks to local ER Physician Dr Scott Longevin who came to school again prior to winter sports season and helped conduct free sports physicals for our athletes. Donating his time, Dr Longevin comes to school before every sports season to assure all student athletes have access to a sports physical to enable them to participate. Dr Longevin has maintained this fine tradition every sports season for the past 8 years for Unioto athletes. Appointments and signs ups are via the School Nurse's Office.



Dr Longevin evaluates a basketball player.

Nurse's Notes

I attend a monthly school nurses meeting with local school nurses from Pike & Ross counties. I arrange and lead those sessions where we discuss items of common interest and brainstorm issues that affect us and our students. Good discussion and helpful ideas are shared at those meetings.

I completed a class in Columbus to become certified as a Trauma Nurse, through Adena Health System. Although mainly for hospital use, the class had many applications to school injuries that may occur.

Important Dates of Note

November

24, 25, 26 Thanksgiving Break

December

17 last day of school for 2010

20 Christmas Break Begins

24 Men start Shopping

EMT Class Update



Above: Practice in class; immobilizing patient's with possible neck injuries. Below: Mock "emergency" in library with volunteers.

