

# Ridge Street School School Nurses' Newsletter

Winter 2022



It's hard to believe winter is here, but our first snow has fallen, so it's time to start preparing. There are a lot of fun things to do outside in winter. However, it is important to consider safety.

The American Academy of Pediatrics has provided us with some helpful winter health and safety tips:

## **Outdoor Winter Activities**

Ice skating, skiing and sledding are great ways to get exercise on a cold winter day. Remember, children should be supervised with these activities.

## **Safety Tips:**

- It is safer to sled feet first or sitting up, instead of lying down head-first.
- Sled on slopes that are not too steep and are free of obstructions like trees or fences.
- Skate only on approved surfaces.
- Skate in one direction with the crowd.
- Never skate alone.
- Do not chew gum or eat candy.
- Wear a helmet when skiing.
- Stay away from crowded areas.



## **Other winter concerns:**

### **Nosebleeds**

If your child suffers from winter nosebleeds it may be from the dry air. Try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum jelly may help too. If severe, consult your pediatrician.

## **Hypothermia/Frostbite**

When it is cold outside, remember to set a reasonable time limit on outdoor play and have children come inside periodically to warm up. Dressing in layers is best.

## **Lice**

This time of year we often see a few cases of head lice.

Adult head lice or their eggs (nits) are found in the hair, most often behind the ears and at the base of the neck. Head lice are most commonly spread by direct head-to-head contact with hair of other people who have head lice.

Head lice can also spread through contact with an infested person's personal items, such as hair brushes and combs, hats, unwashed clothing, bedding or towels. Head lice are commonly spread within households.

There are a number of effective treatments for head lice. Treatment for head lice usually consists of shampooing the hair with a medicated shampoo. Consult with your pediatrician for treatment of head lice.

Head lice are certainly a nuisance, but they are not generally considered a health hazard. Both the American Academy of Pediatrics and the National Association of School Nurses advocate that "no-nit" policies in schools should be abandoned. Head lice are not a health hazard or a sign of poor hygiene and are not responsible for the spread of any disease. No healthy child should be excluded from or miss school because of head lice. Please see the following links for more information:

<https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>

## **School Nurse Notes:**

\*\*COVID is still with us and below are websites for vaccine, testing and general information

[https://www.state.nj.us/health/cd/topics/covid2019\\_community.shtml](https://www.state.nj.us/health/cd/topics/covid2019_community.shtml)

<https://www.nps.k12.nj.us/safe-return-plan/covid-19-testing-sites-for-newark-residents/>

\*\*WINTER FIRE SAFETY Most home fires occur during the winter months due to the increased use of space heaters, candles and other flammables used to heat the house. Please visit the web sites below for some important safety tips.

<https://www.westfieldnj.gov/DocumentCenter/View/222/Winter-Fire-Safety-Tips-for-the-Home-PDF>

<https://www.state.nj.us/dca/news/news/2011/approved/20120124.html>

<https://www.nfpa.org/-/media/Files/Public-Education/By-topic/Holidays/Put-a-freeze-on-winter-fires/2020/FreezeWinterFiresInfographic.ashx>

**WISHING ALL OF YOU A SAFE AND HEALTHY 2022!**

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