

# October Newsletter from Nurse Sadie

## Illness Guidelines

With the arrival of colder weather, we have entered the cold and flu season. For the health of your child, other students, and school staff, it is important to know when your child should stay home due to illness. Students should stay home if they have had any of the following symptoms:

- fever of 100.4 or higher in the past 24 hours
  - undiagnosed rash that is accompanied by fever or itching
  - bad cough or difficulty breathing
  - vomiting or diarrhea within the past 24 hours
  - sore throat, with fever or swollen glands in the neck
- \*Call the attendance line to excuse your child's absence\*

SE- 265-6141 or MS/HS 265-5184.

Please notify what they are sick with.

(ex. fever, cough, vomiting, diarrhea, rash)



## Halloween Safety

Talk with your Goblins about Safety!

1. Children should trick-or-treat in groups and cross streets with an adult.
2. Always walk on lighted sidewalks or paths.
3. Remind children to watch for cars that are turning or backing up.
4. Drivers should slow down, especially in residential neighborhoods.
5. Examine all treats and candy before eating.



## Contact Me

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Visit our school web page at

<https://westiron.org/> for more information.



## Medication

If you plan to bring medications to the office this year, you must complete a consent form with each and all medication turned into the office. If the medicine is over the counter, only a parent's signature is required.

- All medications must be in the original container or prescription bottle
- All medications will be brought in by the parent/guardian
- A parent/guardian will retrieve unused medication after its expiration date, after the District is notified that the medication has been discontinued, or at the END of the school year, whichever is earliest.

Consent forms can be found

@

<https://www.westiron.org/documents-forms/>

Please See Policy #5703 for more details on medications in the school setting.



## Immunizations

- If you have a kindergarten or 7th grader, please contact your student's primary care provider to see if their immunizations are up to date.
- All new enrolled students will need an updated immunization record on file
- Please monitor your mail as a 2nd warning letter will be sent to those with non-compliant immunization status per state requirements.
- Now is the Time to schedule your Annual Flu Vaccination. Flu vaccines are available at many pharmacies and doctor's offices.



# Health Awareness

With this newsletter, my hope is to work together with you to promote health and wellness in our students. I will use this forum to share important information to help you keep your children healthy and learning to their fullest potential. My goal is to release a newsletter the first Friday of each month. I welcome comments and suggestions about what you would like to see in this newsletter.

## Hand Foot Mouth Disease

We have had reported cases of Hand, Foot, and Mouth Disease (HFMD) at West Iron County Schools. While the number of students at this point is minimal, we wanted to help raise awareness to this common childhood illness.

HFMD is a common viral illness of infants and children. It is characterized by fever, sores in the mouth, and a rash with blisters. It usually starts with a fever, poor appetite, a vague feeling of being unwell and sore throat. One or 2 days after fever starts, painful sores usually develop in the mouth. They begin as small red spots that blister and that often become ulcers. The sores are often in the back of the mouth. A skin rash develops over 1 to 2 days. The rash has flat or raised red spots, sometimes with blisters. The rash is usually on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area. Some people, especially young children, may get dehydrated if they are not able to swallow enough liquids because of painful mouth sores.

Persons infected with the viruses that cause hand, foot, and mouth disease may not get all the symptoms of the disease. They may only get mouth sores or skin rash. Students exhibiting symptoms of hand, foot, and mouth disease, particularly a rash illness accompanied with fever, should be excluded from school until at least 24 hours after the fever has resolved and blisters have cleared.

<https://www.cdc.gov/hand-foot-mouth/index.html>

## Preventive Measures

You can help to prevent and control the spread of hand, foot, and mouth disease by:

1. Practicing good hand hygiene, especially after going to the bathroom.  
Hand washing takes at least 20 seconds with soap and warm running water, including cleaning under fingernails.
2. Teaching children to sneeze or cough into their sleeves or a tissue and immediately throwing the tissue away.
3. Washing toys and other surfaces that have saliva on them.
4. Excluding a child from group settings if he or she has a fever, draining sores that cannot be covered or there are sores in their mouth

--Michigan Department of Health & Human Services