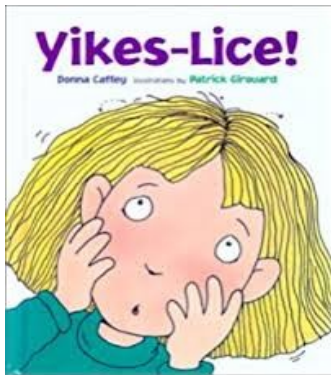


## SCHOOL NURSE NEWS

### COLD AND FLU SEASON

Please remember to keep your child home if they have fever (100 or more), vomiting or diarrhea. Reinforce careful hand washing with soap and water and cough/sneeze etiquette for prevention of the spread of illness. And remember to get your annual flu vaccine. [www.cdc.gov/flu/pdf/](http://www.cdc.gov/flu/pdf/)




*The American Academy of Pediatrics recommends that a healthy child should not be restricted from attending school because of head lice or nits (eggs).*

### HEAD LICE

- Head Lice are frequent visitors to the scalps of children..
- Parents need to check children’s scalps frequently, especially after sleepovers, school breaks, or when a child appears to have intense scalp itching.
- Please notify the school nurse if your child has head lice or has been treated recently.
- Children may return to school after a single treatment with something that leaves the child with no active crawling lice on the scalp.
- Children need to be rechecked 7-10 days after a treatment to make sure that any eggs remaining on the scalp have not hatched.
- If a child’s case of lice isn’t getting better after following the directions for an over-the-counter product, a prescription may be needed from the physician.



### DO YOU HAVE A RISING 7TH GRADER?

 SC State Law says that all 7th graders must have Tdap (Tetanus diphtheria and pertussis) vaccine. Your 7th grader will not receive a class schedule without proof of a Tdap vaccination. This is a **MUST HAVE** in order to start school in August.

**DHEC will be offering Tdap vaccine in schools soon.**  
 Complete the permission form and return it to the school so that your child can participate!

Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs and nuts. Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.