



A publication of the
School Nurse Partnership
through Cardinal Glennon



FEBRUARY IS HEART HEALTH MONTH

<http://tools.bigbeelabs.com/aha/tools/mlc/>



When young people start every day doing small things that keep their bodies healthy, they have a better chance of living longer, happier and healthier lives.

How do you know if *your* heart is healthy? Life's Simple 7™ are:

- Avoid smoking and using tobacco products.
- Be physically active every day.
- Eat a heart-healthy diet.
- Keep a healthy weight.
- Keep your blood pressure healthy.
- Keep your total cholesterol healthy.
- Keep your blood sugar healthy.

The American Heart Association has created a website called “[My Life Check](#)” (see the link listed above) that will help you understand your heart health and give you and your family ideas to make the best choices.

The School Nurse Partnership is a collaboration with SSM Cardinal Glennon Children's Hospital and the Catholic Education Office of the Archdiocese of St. Louis.



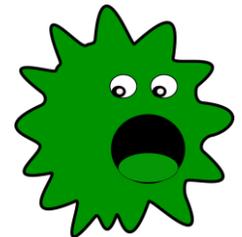
HAPPY – AND HEALTHY - NEW YEAR!

Influenza, Common Cold, and Gastroenteritis viruses are upon us. Do you know the difference among the three? Let's compare:

Influenza (Seasonal Flu) – respiratory virus – Symptoms appear quickly and can include fever (usually high), cough, sore throat, runny/stuffy nose, body aches, headache, chills, and tiredness/fatigue. Stomach symptoms (nausea, vomiting, and diarrhea) may occur, but these are more common in children than adults.

Common Cold – respiratory virus – Symptoms usually appear gradually and typically include coughing and a runny nose. Other common symptoms may include low or no fever, sore throat, sneezing, stuffy nose, mild headache, mild body aches, watery eyes, and feeling sluggish.

Gastroenteritis (Stomach Flu) - stomach or intestinal virus – Symptoms appear quickly and can include vomiting, diarrhea, stomach pain and cramping, and occasionally fever. Vomiting usually lasts no longer than 24 hours but diarrhea may continue for several days. Watch for signs of dehydration.



Always contact or visit your healthcare provider for evaluation, diagnosis and treatment recommendations.

STAY HEALTHY (AND KEEP OTHERS HEALTHY)

- **Wash your hands** regularly with soap and water, especially after you cough, sneeze, or blow your nose.
- Whenever you cough or sneeze, **cover your nose and mouth**. If possible, use a tissue; throw the tissue in the trash after you use it. If a tissue is not available, cough into your sleeve rather than your hand.
- **Avoid touching** your eyes, nose, or mouth as much as possible.
- Maintain a distance of **three (3) feet** between you and other people.
- Avoid people who have a cold, and, if you catch a cold, **avoid contact** with other people.
- If you are sick (or think you may be sick) **stay home** from work or school.
- If possible, **talk to healthcare providers by phone** to avoid an in-person office visit.



WHEN TO STAY AT HOME

Students should stay home if they have any of the following symptoms:

- Fever in the past 24 hours
- Undiagnosed rash that is accompanied by fever or itching
- Difficulty breathing
- Sore throat with fever or difficulty swallowing
- Vomiting or diarrhea within the last 24 hours
- Appearing ill



Students must be free of fever without the use of fever-reducing medication for 24 hours before returning to school.

If a student has strep throat or any other bacterial infection, they should stay home until the antibiotic has been given for at least 24 hours or the healthcare provider has given permission to return to school.

MUMPS

Currently, the University of Missouri in Columbia is experiencing an outbreak of the infectious disease called mumps. Mumps is a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen salivary glands. You can catch mumps through the air from an infected person's cough or sneeze. You can also get it by direct contact with an infected surface. A person with mumps is contagious before the salivary glands begin to swell (approximately 3 days) and up to 5 days after the swelling begins. After a person is exposed to mumps, symptoms usually appear in 16 to 18 days, but it can take up to 12 to 25 days after exposure. The best way to prevent mumps is through immunization, good handwashing, and by covering your cough or sneeze. Persons with mumps must stay home and away from others for five days after onset of salivary gland(s) swelling.

If your child or another family member has been exposed to mumps, immediately call your local health department, doctor or clinic for advice. If you are unvaccinated and/or susceptible to mumps, watch for signs and symptoms of the illness for 12 to 25 days after exposure. If you never had mumps or were never vaccinated against it, you may need to stay home from work or school for a while. *Under certain circumstances, unimmunized children may need to be excluded from school attendance for 26 days following the last day of exposure to a person with mumps.*

If you would like more information about the mumps virus or the MMR vaccine, please visit the CDC web site at <http://www.cdc.gov/mumps/>.

More information may also be found in the DHSS Health Advisory "Mumps Cases in Central Missouri" released on November 18, 2016 at <http://health.mo.gov/emergencies/ert/alertsadvories/pdf/advisory111816.pdf> and "Update 1: Mumps Outbreak in Missouri" released on December 8, 2016 at <http://health.mo.gov/emergencies/ert/alertsadvories/pdf/hu12816.pdf>.

REFERENCES USED IN THIS MONTH'S NEWSLETTER

Missouri Department of Health and Senior Services

Prevention and Control of Communicable Diseases: A Guide for School Administrators, Nurses, Teachers, Child Care Providers, and Parents or Guardians. Retrieved from

<http://health.mo.gov/safety/childcare/pdf/PreventionandControlofCommunicableDiseases.pdf>

CDC <https://www.cdc.gov/flu/> and <http://www.cdc.gov/mumps/>

Saint Louis County Department of Public Health, Communicable Disease Control Services

<http://www.co.st-louis.mo.us/doh/>

American Heart Association

http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7_UCM_471453_Article.jsp#.WHfO3ZozWUk