



# North Middle School Health News



## Summer Safety

**Fireworks**...Remember fireworks are illegal in Massachusetts, and are the cause of fires, injuries, and burns that permanently alter families lives each year. Leave the fireworks to the professionals by visiting a public fireworks display!

**Water Safety**...always supervise kids while in or near water and teach kids to swim to prevent drowning. All adults and children should wear properly fitted life jackets every time you are on any type of watercraft. Learn CPR—you could save a life!

**Mosquitoes and ticks**...protect your family by preventing bites and diseases such as West Nile virus and Lyme disease by using an effective insect repellent and checking yourself and your children for ticks after outdoor activities. The following tips are take from the American Academy of Pediatrics (aap.org)

- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET. DEET should not be used on children younger than 2 months of age.
- The effectiveness is similar for 10% to 30% DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours, and 30% protects for about 5 hours. Choose the lowest concentration that will provide the required length of coverage.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when they return indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.

**Playgrounds**...check to make sure the surfaces under playground equipment are safe, soft, and maintained, and supervise kids in areas of potential falls such as stairs and high bars. Watch for rough, sharp, or rusty surfaces.

**Food Poisoning**...illness causing bacteria grow quickly in foods that are not properly cared for. Remember to always wash hands before touching food, wash all produce before using, wash hands, utensils, and cutting boards after they contact meat or poultry, and refrigerate food within 1 hour of serving.

**Helmets**...Kids 16 years and under are required by law to wear a helmet while riding bikes, scooters, and skateboards. The helmet should fit snugly, be level with the forehead, and have the chin strap secured. Remind kids...if there are wheels under their feet, there should be a helmet on their head!

**Never leave infants, children, or pets in a parked car, even if the windows are cracked open.**

## Seasonal Allergies

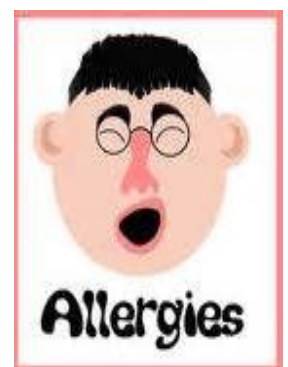
### Signs & Symptoms

- sneezing
- itchy nose and/or throat
- nasal congestion
- clear, runny nose
- Coughing
- itchy, watery, and/or red eyes
- Kids with asthma may wheeze

Talk with your child's health care provider if you think your child has allergy symptoms.

### Managing Seasonal Allergies

- Reducing or eliminating exposure to allergens is the first line of treatment for symptoms
- During allergy season, keep windows closed, use air conditioning if possible, and stay indoors when pollen counts are high.
- Wash hands or shower and change clothing after playing outside
- Cold compresses on eyes.
- If managing the surroundings doesn't help your child's symptoms, you can talk with your child's health care provider about possible medications that can alleviate symptoms.





## Sun Safety...it's that time of year again!

Sun safety is important for all children to learn! The SunWise program through the Environmental Protection Agency is a great resource about staying safe in the sun. Education information is available at <http://www.epa.gov/sunwise/kids/>. Below is

some of the SunWise program information.

### Slip on a shirt!

Turtles have a built-in shirt. We have to wear a shirt that covers our shoulders. Wear a long-sleeved shirt and pants if it is not too hot.

### Slop on sunscreen!

Pigs use mud as sunscreen. We put on sunscreen before we go outside, and put more on every two hours. If swimming or sweating, we need more. Look for a Sun Protection Factor (SPF) of 30 or higher that blocks UVA and UVB. Do not forget to wear it on cloudy days, too.

### Slap on a hat!

The bumps over a camel's eyes act like a hat. We need to wear a hat to protect our face, neck, ears, and the top of our head from too much sun. The wider the brim, the better.

### Wrap on sunglasses!

The black rings around a meerkat's eyes are sunglasses. We need sunglasses to protect our eyes from the sun's rays. Look for a pair that blocks 99-100 percent of UVA and UVB rays.

### Seek shade!

Remember the shadow rule like lions do. When your shadow is shorter than you are, seek shade! The sun's UV rays are strongest between 10 a.m. and 4 p.m.

From [http://www.epa.gov/sunwise/kids/kids\\_actionsteps\\_print.html](http://www.epa.gov/sunwise/kids/kids_actionsteps_print.html)

## Looking to Next Year...

### Physical Exams for 4th Grade...

All students are required by Massachusetts law to have an updated physical exam dated within the last 12 months on record in school upon entry into school, in 4th, 7th, and 10th grades. If your student has had a recent physical exam, please send a copy in to school to get a jump start on next year. You may send the report in with your student now, in the Fall, or have the report faxed to the school nurse

### Medications in School

Any student needing medication in school needs to have a provider's order, parent signed consent form, and the parent or guardian needs to deliver the medication to the school health office during regular school hours. Students may not transport medications. The only medications student's may transport are albut-

### End of The Year!

If your student has medication in the health office, it needs to be picked up by a parent, guardian, or planned designated adult by the end of the school day on the last day of school. All remaining medication will be disposed of after school on the last day of school in accordance with the Department of Public Health Guidelines. Epi Pens and Inhalers will be sent home in the student's backpack unless other plans are made in advance.



### Bathing and Deodorant...

As the season changes to warmer weather, parents sometimes suddenly realize their child has grown and developed through the cold weather months! We may have to remind our kids that with the warmer weather, they may need to bathe and apply deodorant more frequently.

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## Have a fun, safe, and healthy summer!