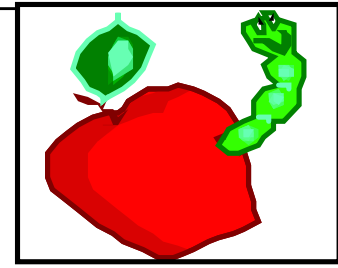


# Health Beat

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Volume 16, Issue 2 October 14, 2014



## Viruses in the News

Everyday there's more and more information on the medical front. As we head to flu season, we would like to share information on the viruses in the news as well as the cold and flu season that is just around the corner. Let's start with some information about the viruses in the news:

**Entervirus D-68-** is a virus thought to spread through close contact and possibly from infected surfaces. It tends to affect children and teenagers especially those with a respiratory illness and/ or history of asthma as well as children under age 5. Symptoms range from a mild (or no symptoms) to severe including fever, wheezing and/ or short of breath. If breathing problems occur, seek medical care immediately. There is no specific treatment, but intensive supportive therapy is used as needed. Preventative measures include handwashing, disinfect frequently used surfaces (ie toys) if someone is sick, and teach your children to avoid touching the T zone (eyes, nose, and mouth).

**Ebola-** is a rare virus, but an outbreak in West Africa poses a threat for a global society. Although the risk to the US for an outbreak is low, here's some info:

- Ebola is spread through direct contact with an infected person's body fluids who **has symptoms of ebola**, touching contaminated objects (like needles) or touching infected wildlife animals/their blood/ or eating the raw meat from these animals
- Ebola cannot be spread through the air, food or through water.
- Symptoms appear 2-21 days after exposure, but the average is 8-10days. Most symptoms are similar to other viruses, but it's important to note that if you are not in direct contact with someone's body fluids with symptoms of ebola, you are not at risk.

\*\*For the above two viruses, go to the CDC website at [www.cdc.gov](http://www.cdc.gov).

- **Seasonal Flu-** As cold and flu season starts up, remember that the Surgeon General now recommends that everyone 6 months or older (ask

your physician if it's right for you) gets an annual flu vaccination. Along with proper handwashing and good cough etiquette, flu vaccinations help tremendously in the fight to avoid the flu. Teach your children **to avoid the T-zone** on their face and they will have a much healthier year!

Bottom line is that using universal precautions (wear gloves when touching body fluids), frequent handwashing, and covering your cough will keep you healthy and safe. If your child has problems breathing or their condition suddenly changes, call your medical provider immediately.

Loveland Health Services is monitoring closely all the health related news going on. We will work closely with Hamilton County Public Health and ODH to have in place all things that we need to keep our students and staff healthy.

## Start the Year out Right!!

It's that time of year and the health services has a few reminders to make the year go smoothly. Here's what you can do to help:

- **ALL MEDICATIONS**, including over the counter ones and meds that can be carried (inhaler, Epi-Pen), need to have a permission to dispense form filled out, signed by doctor, and signed by a parent or guardian, including meds they carry.
- If your child is on an individual **health** plan and they need meds and/ or alternate treats at school, please make sure to bring these in.
- If your child has any health changes over the school year we need to be aware of, please call the nurses at 677-7973 or the building health clinic and leave a message. We check this line often and will get back to you.
- All students need sleep (especially those teenagers!!) and a good breakfast to start the day. **Eating nutritiously** will improve grades, behavior and mood- small thing, **BIG** results.