



# LaBrae Local Schools

# From the

# Nurse's Desk



## Staying Warm

During extreme cold, limit cold exposure

IF going outdoors is a MUST, please dress appropriately



## Frost Bite vs Frost Nip

Frost nip is the initial stage of cold injury and is not permanent, whereas frost bite causes permanent damage.

**Frost nip:** Appears red and painful. The skin may feel cold, numb, and may look pale, or red. It may sting or prickle.

Once warmed, the pain and color should return to normal without lasting damage.

**Frost bite:** Presents with white, grayish-yellow, or waxy skin, followed by numbness, blisters, and darkening to skin.

**Frost nip: Safe rewarming**

**Frost bite: SEEK EMERGENCY CARE**

## Safe Rewarming

DO remove wet clothing

DO use WARM water

DO use warm washcloth

DO hydrate with warm fluids

DO use dry blankets/clothing

DO seek emergency care for signs of frostbite

DO NOT use heating pad, blow dryer, or fire

DO NOT use HOT water

DO NOT rub area



## Frostbite can affect:

Fingers

Toes

Nose

Ears

Chin

Cheeks

Hands

Feet



## Taking Care of Your Skin Winter Edition:



Moisturize skin with thicker, oil-based creams

Apply moisturizer within minutes of bathing, while skin is still damp, to trap moisture.

Avoid long, hot showers; to prevent further drying out your skin.

Run a humidifier to add moisture back into the air, especially in bedrooms.

Use lip balm to protect your lips before and after going outside.

Use artificial tears to protect eyes from dryness

Winter hydration... WATER! Drink, drink, drink

Children ages 1-3 years: 4 cups per day

Children ages 4 - 8 years: 6 cups per day

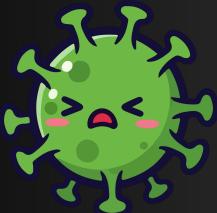
Children ages 8-12 years: 8 cups per day

Teens and Adults: 12+ cups per day

FROSTBITE TIMES: <span style="background-color: pink;">■</span> 30 MIN <span style="background-color: brown;">■</span> 10 MIN <span style="background-color: lightblue;">□</span> 5 MIN													
TEMPERATURE (F°)													
WIND (mph)	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35
5	19	13	7	1	5	-11	-16	-22	-28	-34	-40	-46	-52
10	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59
15	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64
20	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68
25	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71



**Handwashing  
is the easiest thing that  
you can do  
to prevent sickness!**



**CDC Sick  
Day  
Guidelines**

Water  
Soap  
Friction  
20 seconds  
Front and Back of Hands  
Scrub Nails  
Between Fingers  
Rinse



## When to Stay Home



**Fever of 100 or greater  
within 24 hours**



**Vomiting and/or Diarrhea  
within 24 hours**



**Coughing that won't stop  
or other problems with breathing**



**Eye(s) are red and draining fluid**



**Rash**

\*Be sure to report your student off

\*\*Bring a doctor's excuse if you have one

## Health Department Immunization Clinic

**194 West Main Street  
Cortland, OH 44410  
(330)675-2489**

**9-11 am and 1-3 pm**

**\*\*NO APPOINTMENT NEEDED\*\***



## When to Return

**Fever free for 24 hours  
without using  
Tylenol or Motrin**

**Vomiting and/or Diarrhea  
free for 24 hours**

**Cough is infrequent or  
has been evaluated  
by a medical provider**

**Eye has been evaluated by  
a medical provider  
and 24 hours after  
starting antibiotic,  
if prescribed**

**Rash has been evaluated  
by a medical provider and  
guidelines for returning  
has been followed**

**February 10**

**March 10**

**April 14**

**May 12**

**June 9**

**July 14**

**August 11**

**September 8**

**October 13**

**November 10**

**December 8**