



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



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

Frost Bite vs Frost Nip

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

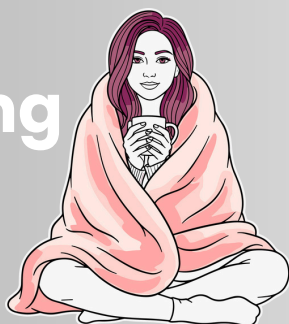
Frost nip: Appears red and painful. The skin may feel cold, numb, and may look pale, or red. It may sting or prickle. Once warmed, the pain and color should return to normal without lasting damage.

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 TIMES: 30 MIN 10 MIN 5 MIN

TEMPERATURE (F°)

	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



CDC Sick
Day
Guidelines



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

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

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 antibioitic,
if prescribed

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

Health Department
Immunization Clinic

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

9-11 am and 1-3 pm

NO APPOINTMENT NEEDED



- February 10
- March 10
- April 14
- May 12
- June 9
- July 14
- August 11
- September 8
- October 13
- November 10
- December 8