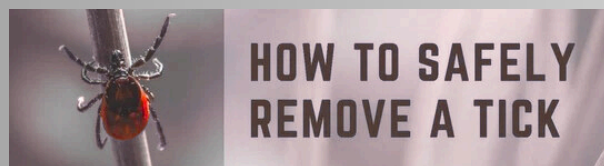




LaBrae Local Schools From the Nurse's Desk



HOW TO SAFELY REMOVE A TICK

STEP ONE

Gently pull back any hair from around bite site. Using fine point tweezers, grasp tick as close to the head as possible. **DO NOT GRASP BY THE BODY.**



STEP TWO

Pull the tick straight outward until the head is removed. Do not twist, turn, or wiggle.



STEP THREE

Dispose of the tick in toilet or in closed trash can, wrapped in tissue.



STEP FOUR

Clean the area with soap and water or rubbing alcohol.



KEEP AN EYE OUT FOR...



FEVER



HEADACHE
OR BODY ACHES



FATIGUE



RASH OR
RED RING

Seek Emergency Care



Dry Drowning: What to look for in Children

Do you know what signs to look for if your child inhales water while swimming?



Rapid or Shallow
Breathing



Persistent Coughing



Fatigue



Vomiting



Forgetfulness

Summer is Here!

Safety tips for an enjoyable summer break:

- Limit prolonged sun exposure from 10am-4pm when the sun's rays are the strongest.
- Use a broad-spectrum sunscreen with an SPF of 30 or higher, re-applying every 2-3 hours.
- Drink plenty of water to prevent dehydration.
- Never leave children unattended around water, even in shallow areas.
- Check skin and hair for ticks after being outside.

How much water should a kid drink while playing sports?



For every 20 minutes of play, a young athlete should drink about 10 gulps of water.



1 gulp = ½ oz. of fluid

A teen should drink about 20 gulps.

The American Academy of Pediatrics (AAP) recommends: 5 oz. for an 88-pound child every 20 minutes, and 9 oz. for a 132-pound adolescent every 20 minutes

How Much Sunscreen?

2 Fingers Rule for each body part:

Face
Left Arm
Right Arm
Upper Back

Lower Back
Upper Chest
Abdomen
Each Upper Leg/Thigh
Each Lower Leg/Foot



Back to school reminders:



Medications
need to be
brought in by
an adult
before the
first day of
school.

*Exception
Inhalers and
EpiPens

**Update
Final Forms**

Students going into
Kindergarten, 7th, and 12th
grades have vaccine
requirements. Please talk
with your student's medial
provider. Records are Due
September 1st.

**Water Bottle notes must be
renewed yearly.**

Medical Action plans and
Medication orders need
renewed every school year
and turned in before the
first day of school.

*See the Nurse's website
for blank forms.

Health Department
Immunization Clinic
194 West Main Street
Cortland, OH 44410
(330)675-2489
9-11 am and 1-3 pm



**July 8
August 12
September 9
October 14
December 9**