

School Wellness Newsletter

December 2022



Kim Thompson RN & Jamie Moline RN

We will be present in the district from 7am till 430 pm Monday- Friday.
We are available after hours by phone/email.

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From The Nurses' Desk

This is a newsletter for all of our TC students, TC staff, and the local community. It will be utilized in helping everyone stay informed on current/ongoing illnesses, it will offer opportunities to learn healthy habits, and it will have resources/links to help build a healthier community.

RSV-Respiratory Syncytial Virus

RSV is a respiratory viral illness that usually causes mild, cold-like symptoms including runny nose, decrease in appetite, coughing, sneezing, fever, and wheezing. These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties. Most RSV infections go away on their own in a week or two, but can be serious, especially for infants and older adults who are more likely to develop severe RSV infection and may need to be hospitalized. There is no vaccine yet to prevent RSV infection.



RSV can spread when an infected person coughs or sneezes; you get virus droplets from a cough or sneeze in your eyes, nose, or mouth, you have direct contact with the virus, like kissing the face of a child with RSV, or touching a surface that has the virus on it, like a doorknob, and then touching your face before washing your hands. RSV can survive for many hours on hard surfaces such as tables and crib rails. It typically lives on soft surfaces such as tissues and hands for shorter amounts of time. People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks

There are many things that can be done to keep our schools, homes, and communities healthy and protect ourselves and our loved ones:

1. As a general rule children and adults should stay home when ill. We recommend that people sick with any respiratory illness remain at home until they have been fever-free for at least 24 hours without the use of fever-reducing medicines and other symptoms are improving.

2. Teach your family how to lower their risk of getting and spreading respiratory viruses by:

- Washing their hands often with soap and running warm water for at least 20 seconds. That is as long as it takes to sing “Happy Birthday” twice. Make sure to clean under the fingernails also.

- If a hand washing station is not available, use hand sanitizer properly. Gels, rubs, and hand wipes work well against RSV (or most respiratory viruses) if they contain at least 60% alcohol. Throw wipes in the trash after use.

- Coughing or sneezing into their upper shirt sleeve or elbow—not onto their hands!

- Avoid touching eyes, nose or mouth. That’s how germs enter the body.

- Avoid close contact with others, such as kissing, shaking hands, and sharing cups and eating utensils

- Clean frequently touched surfaces such as doorknobs and mobile devices

- Receive influenza vaccine to decrease the risk of contracting influenza and its potentially serious complications

3. Seek medical care immediately if your child experiences any of the following symptoms:

- Illness lasting longer than a week

- Fast breathing or trouble breathing

- Bluish skin color

- Not drinking enough fluids or not urinating

- Not waking up or not interacting with others as they normally do

- Being so irritable that the child does not want to be held

- Symptoms that improve but then return with fever and worse coughing

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a type of depression affecting millions of people in the U.S. every year. When winter arrives with its shorter days and less sunlight, people can experience dropping energy levels, moods, and motivation. SAD can be especially burdensome when added to the stress and uncertainty of an ongoing pandemic.

This discussion group, hosted by the Stay Well counseling team, may help you cope.

Tuesday, Dec. 6, 2022 – 6 p.m.

Tuesday, Dec. 13, 2022 – 6 p.m.

Tuesday, Dec. 20, 2022 – 6 p.m.

Tuesday, Dec. 27, 2022 – 6 p.m.

Seasonal Affective Disorder meetings (SAD)

Virtual online discussion group offered offered through MDHHS at no charge.

Influenza (the Flu)

Influenza (or “the flu”) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. In fact, influenza causes more hospitalizations among young children than any other vaccine-preventable disease. People infected with influenza may experience fever or feeling feverish, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and/or fatigue; some children may experience vomiting and diarrhea. Most experts believe that flu viruses spread mainly by droplets produced when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get infected with the flu by touching a surface contaminated with the influenza virus and then touching their own mouth, eyes, or nose. Most healthy adults may be infectious to others beginning one day before symptoms develop and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might shed the virus for even longer. One of the best ways to protect against the flu and its potential severe complications is to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged six months and older. Making healthy choices at school and at home can also help prevent the flu. Encourage children, parents, and staff to take the following everyday preventive actions:

- Stay home when you are sick and avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- Wash your hands often with soap and water. If this is not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.

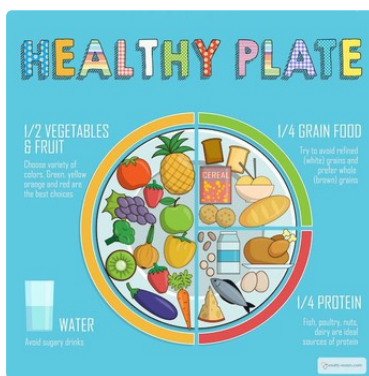
Please keep your student home until fever free for greater than 24 hours without the use of fever reducing medication.

Below are some tips to stay active during the cold weather

Whether indoors or outdoors be as active as you can- and have fun! It is recommended adults get at least 150 minutes a week of moderate intensity physical activity. Many activities count, such as walking, running, or wheelchair rolling. You can break that up into smaller chunks of time or spread your activity out during the week. Try 30 minutes a day, 5 days a week. It all counts Get started today with our 6 tips to stay active all winter long.



1. **Take nature walks:** Weather permitting, schedule time during the day to enjoy nature. Take a stroll around the neighborhood and/or park.
2. **Monitor the weather and plan ahead:** Weather forecasts give several days' notice to prepare your week. Be sure to monitor the weather, dress appropriately, and plan your winter activity accordingly.
3. **Wear layers:** Wear several layers of comfortable clothing so that items can be removed easily as you become warmer. Layers will help you guard against overheating sweating and eventually becoming colder
4. **Workout online:** Consider turning into a TV, online, live zoom, or workout app. Find free or low-cost exercise videos online to help you do aerobics, dance, stretch, and build strength.
5. **Do some Chores:** Housework such as vacuuming, sweeping, and cleaning all count towards physical activity goals. And you'll knock out some items on your to do list while gaining health benefits.
6. **Volunteer in active ways:** Help others while helping yourself. Look for volunteer opportunities that involve physical activity such as walking dogs for elderly neighbors or shoveling snow.
7. **Sign up for a race:** Winter is a great time to train for a long distance run in the spring.
8. **Find a hill:** Take your children to a sledding hill and have some laughter and fun while getting your heart rate elevated. Be sure to wear a helmet when sledding.
9. **Cross-country ski/snowshoe:** Utilize the White pine trail after it snows with your snow gear. Many thrift shops have skis, snowshoes, and other outdoor sports gear to get you active and have fun.
10. **Ice Skating:** Some indoor skating rinks have open skate with skate rentals. Or if you have your own ice skates gather your friends and plan a day for a skating party on any of the public lakes. Please check to make sure ice is safe before planning.



Eat this not that:

Holidays can make it hard to make good food choices with all of the delicious foods we encounter at various festivities

Here are ways to save on those extra calories:

1. Shepard's pie instead of Pot Pie
2. Roasted sweet potatoes instead of sweet potato casserole
3. Fresh Green Beans Instead of Green Bean Casserole
4. Baked apples instead of Apple pie
5. Hummus instead of Cheese Balls
6. Pumpkin Pie instead of Pecan Pie
7. Olives and nuts instead of chips and dip
8. Mashed Cauliflower instead of mashed potatoes
9. Roast Turkey instead of Ham
10. Water instead of sugary drinks

Remember to build your plate using this as a guide:

- 1/2 plate Fruits and vegetables
- 1/4 plate Protein (turkey, ham, venison, beef, fish, beans)
- 1/4 plate Grains

