

School Wellness Newsletter

March 2023

MARCH MADNESS

This newsletter is not about Basketball March Madness instead it is about some of the things that drive us all "mad". Things discussed in this newsletter will be the dreaded battle with headlice, scabies, and bed bugs. Also included travel safety tips, nutrition nuggets, and some fun springtime activities.



Guess The Bug

Bug A



Guess The Bug

Bug B



Guess The Bug

Bug C

Bug A -Head Lice

Head lice are tiny insects that feed on blood from the human scalp. Head lice most often affect children. The insects usually spread through direct transfer from the hair of one person to the hair of another. Having head lice isn't a sign of poor personal hygiene or an unclean living environment. Head lice don't carry bacterial or viral diseases. Nonprescription and prescription medications can help treat head lice. Follow treatment instructions carefully to rid the scalp and hair of lice and their eggs.

Common signs and symptoms of head lice may include:



- Itching. The most common symptom of head lice is itching on the scalp, neck and ears. This is an allergic reaction to louse bites. When a person has head lice for the first time, itching may not occur for 4 to 6 weeks.
- Lice on scalp. You may be able to see the lice, but they're often hard to spot because they're small, avoid light and move quickly.
- Lice eggs (nits) on hair shafts. Nits stick to hair shafts and may be hard to see because they're very tiny. They're easiest to spot around the ears and the hairline of the neck. Empty nits may be easier to spot because they're lighter in color and further from the scalp. However, the presence of nits doesn't mean there are live lice.
- Sores on the scalp, neck and shoulders. Scratching can lead to small, red bumps that may sometimes get infected with bacteria.

Things often mistaken for nits include:

- Dandruff
- Residue from hair products
- Beads of dead hair tissue on a hair shaft
- Scabs, dirt or other debris
- Other small insects found in the hair

Causes:

- A head louse is a tan or grayish insect about the size of a strawberry seed. It feeds on human blood from the scalp. The female louse produces a sticky substance that firmly attaches each egg to the base of a hair shaft less than 1/4 inch (5 millimeters) from the scalp.

The Louse Life Cycle

- Eggs that hatch after 6 to 9 days.
- Nymphs, immature forms of the louse that become mature adults after 9 to 12 days.
- Adult lice, which can live for 3 to 4 weeks. The female louse lays 6 to 10 eggs a day.

Transmission:

Head lice crawl, but they can't jump or fly. Head lice often spread from one person to another by direct head-to-head contact, often within a family or among children who have close contact at school or play. It's less common for head lice to spread without direct contact. But the insects may spread from one person to another through personal items, such as:

- Hats and scarves
- Brushes and combs
- Hair accessories
- Headphones
- Pillows, towels and upholstery

Head lice may also spread when items of clothing are stored together. For example, hats or scarves hung on the same hook or stored in the same school locker could serve as vehicles for spreading lice. Household pets, such as dogs and cats, don't play a role in spreading head lice.

Risk factors:

Head lice are spread primarily by direct head-to-head contact. So the risk of spreading head lice is greatest among children who play or go to school together. In the United States, cases of head lice most often occur in children in preschool through elementary school.

Complications:

- If your child scratches an itchy scalp due to head lice, it's possible for the skin to break and develop an infection.

Prevention:

It's difficult to prevent the spread of head lice among children in child care facilities and schools because there is so much close contact.

The chance of indirect spread from personal items is slight. However, to help prevent head lice from spreading, you may tell your child to:

- Hang clothes on a separate hook from other children's clothes
- Avoid sharing combs, brushes, hats and scarves
- Avoid lying on beds, couches or pillows that have been in contact with a person who has head lice

*It's not necessary to avoid sharing protective headgear for sports and bicycling when sharing is required.

*You must remove eggs (nits) from the hair shaft.

*Hair dye does not kill nits or lice.

*Tea tree oil does not kill nits or lice.

Bug B - Scabies

Scabies is an itchy skin rash caused by a tiny burrowing eight-legged mite. Intense itching occurs in the area where the mite burrows. The female mite burrows just under the skin and makes a tunnel where it lays eggs. Itching is caused by the body's allergic reaction to the mites, their eggs and their waste. Scabies is contagious and can spread quickly through person-to-person contact in a family, child care group, school class, nursing home, or prison.



Symptoms:

- Itching, often severe and usually worse at night
- Thin, wavy tunnels made up of blisters or bumps on the skin

Scabies is often found in the skin folds. But scabies can appear on many parts of the body.

- Between fingers and toes
- in the armpits
- around the wrist
- on the chest
- in the groin area
- on the soles of the feet
- around belly button

How they are Spread:

Scabies are spread from an infected person to a noninfected person. They are spread by prolonged close skin-to-skin contact. Contact generally must be prolonged: a quick handshake or hug usually will not spread scabies. Scabies is spread easily to household members. Scabies sometimes is spread indirectly by sharing articles such as clothing, towels, or bedding used by an infected person.

Scabies cannot be spread from pets to humans.

The lifespan of scabies:

On a person, scabies mites can live for as long as 1- 2 months. Off a person, scabies mites usually do not live more than 48-72 hours.

How to treat scabies:

Anyone who is diagnosed by a physician and confirmed to have scabies will be given a prescription medication, Scabicides. No over the counter products have been tested and approved for humans. NEVER use a scabicide intended for veterinary or agricultural use to treat humans. Scabicides kill mites and some also kill eggs. Always follow the instructions carefully. When treating adults and older children, scabicide lotion/cream is applied to all areas of the body from the neck down to the

feet and toes. When treating infants and young children, the cream or lotion also is applied to the neck and head. The medication should be left on the body for the recommended time before it is washed off. Clean clothes should be worn after treatment. All members in the same household should all be treated. All persons should be treated at the same time to prevent reinfestation. Scabies mites do not survive more than 2 to 3 days away from human skin. Items such as bedding, clothing, and towels used by a person with scabies can be decontaminated by machine-washing in hot water and drying using the hot cycle or by dry cleaning. Items that cannot be washed can be decontaminated by removing from any body contact for at least 72 hours.

Bug C- Bed Bug

Bedbugs are small, oval, brown insects that feed on the blood of animals and humans. Adult Bed bugs have flat bodies about the size of an apple seed. Their flattened bodies make it possible for them to fit into tiny spaces. Bed bugs tend to live in groups in hiding places. They don't fly but they can move quickly.

What causes Bedbugs:

Bedbugs usually get into your home from another place that's infested with them. You can get them by buying used upholstered furniture that has an infestation. If you live in an apartment building they can travel from one apartment to another. Or they can hitch a ride on luggage or on a purse that is set down in a place that has bedbugs.

Early signs of Bedbugs:

The first sign of bedbugs may be small, itchy bites on your skin, often on your arms or shoulders. Bedbugs tend to leave clusters of bites rather than single bites. You may also notice: Blood spots on sheets/mattress, bedbug poop, black dots about the size of a period, white, oval eggs that are about as big as an apple seed, bedbugs shed skin which will look a lot like the bugs themselves, actual bedbugs in your bed.

How to check for Bedbugs:

If you suspect you may have bedbugs, inspect your mattress and bed carefully, especially in the crevice. Bedbugs like to hid in these areas, where they have easy access to people to bite. You may find them near the seams, tags, and pipping of you mattress or box springs or in the cracks of your headboard or bedframe. Over time the tiny bugs may move farther out into any crevice or location that offers a hiding place. You can find them:

- In the seams or between the cushions of couch /sofa
- in the folds of curtains
- rooms or apartments nearby

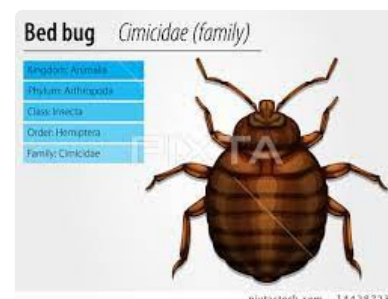
Because bed bugs live on blood, they are not a sign of dirtiness. You are as likely to find them in an immaculate home as in messy ones.

Bedbug bites:

Bedbugs are active mainly at night and usually bite while you are sleeping. They pierce the skin and take blood through their long beaks. The bugs feed for 3 to 10 minutes until they are full and then crawl away.

How to get rid of Bedbugs:

- Wash bedding, curtains, clothing in hot water and dry them on the hottest setting.
- use a stiff brush to scrub mattress seams to remove bedbugs and their eggs before vacuuming



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- vacuum your bed and the area around it everyday, including windows and molding. afterward immediately put the vacuum cleaner in a plastic bag and place it in the garbage outdoors
- put a tightly woven zippered cover on your mattress and box spring to keep bedbugs from entering or escaping.

Its usually best to hire a professional exterminator as bedbugs can live several months without feeding.

Prevention is key to helping stay away from Bedbugs. When traveling inspect the mattress in your room. Avoid putting luggage on the floor or bed. Vacuum regularly and keep room free of clutter. If you live in a multi-unit building apply barriers under the doors and seal cracks around baseboards.



Survival Guide to Safe and Healthy Travel | Travelers' Health | CDC

Wherever your travels may take you, be prepared when it comes to your health before, during, and after travel. Take these steps to prepare for your travels abroad and anticipate issues that might arise. Check your destination for country-specific health risks and safety concerns. You should also know your health status before you make travel plans.

wwwnc.cdc.gov

Nutrition Nuggets

Healthier Options at Fast Food Restaurants

1. McDonald's sausage burrito & apple slices

- 325 calories, 17g fat, 800mg sodium, 29g carbs, 13g protein

2. Burger King whooper Jr, garden salad, & Ken's lite honey balsamic vinaigrette

- 430 calories, 26g fat, 595mg sodium, 37g carbs, 17g protein

3. Panda Express black pepper angus steak entrée with super greens and brown rice

- 435 calories, 10.5g fat, 887g sodium, 58g carbs, 26.5g protein

4. Wendy's apple pecan chicken salad 1/2 size

- 400 calories, 22g fat, 825 mg sodium, 30g carbs, 24g protein

5. Dominos crunchy thin crust pizza slice with garden salad and light balsamic dressing

- 380 calories, 23g fat, 840g sodium, 28g carbs, 11g protein

6. Taco Bell veggie power menu bowl

- 430 calories, 17g fat, 810g sodium, 57g carbs, 12g protein

7. Subway six-inch oven roasted turkey breast on 9-grain bread with american cheese and guacamole with a side of applesauce

- 405 calories, 12.5g fat, 949g sodium, 56g carbs, 23g protein

8. Chick-Fil-A spicy southwest salad with grilled filet

- 450 calories, 19g fat, 580mg sodium, 38g carbs, 35g protein

Fun Spring Break Activities



Go for a family bike ride



Go to a Local Park and Play Pickle Ball



Go To a Local Park and Play Basketball



Kim Thompson RN & Jamie Moline RN

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