

Spring

Safety tips from the Health Office!!!

Spring is here and summer is on its way!!!

The month of May brings not only school field trips and flowers, but also ticks, mosquitos, and sunburn.

BUGS! BUGS! BUGS!



Ticks and mosquitos are out and sometimes they can cause illnesses. Here are some ways to help protect yourself and your child:

- Apply insect repellent that works on ticks, to exposed skin and clothing.
If you send repellent to school with your child, the parent/guardian will need to include a note giving permission for your child to apply the repellent. Students who bring repellent may only apply the repellent on their own body. Aerosol sprays are not allowed.
- Wear long sleeves and pants tucked into socks when walking in areas where there might be ticks.
- Check your children nightly for ticks.
- If a tick is found on your child at school. The tick will be removed and sent home with your child, between tape and in a Ziploc bag. A phone call will also be made home and the area where the tick was found, if able, will be marked.

SUNSHINE!



Sometimes we forget how strong the sun can be this time of year. It is important to use sun safety.

- Cover up exposed skin with a hat, long clothing, and sunglasses
- Use sunscreen that is at least SPF 30 and apply prior to going outside. Parents must provide a note granting permission for your child to apply sunscreen. Children may only use sunscreen on their own body and may not share with others.
Aerosol sprays are not allowed.
- What if my child gets a sunburn?
 - Apply aloe vera gel on the sunburned area
 - Give an anti-inflammatory medications such as ibuprofen to ease the pain.
 - Have your child take a cool (not cold) bath, or apply cool, wet compresses

Everyone have a fun and safe summer!!

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**** Please note that the school does NOT provide sunscreen or insect repellents.**