



## WOLVERINE WELLNESS

Crivitz School District Health Services Newsletter

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### HEALTHY FUN FACTS...

Neither strawberries, blackberries nor raspberries are actual berries.

Broccoli contains twice the vitamin C of an orange.

Apples are made of 25% air, which is why they float.

AVOCADO HAS THE HIGHEST PROTEIN CONTENT OF ALL FRUIT.

Cabbage is 91% water.

Lemons contain more sugar than strawberries.

Cranberries bounce like a rubber ball when ripe.

Honey is the ONLY edible food that never goes bad.

Peanuts are legumes, not nuts.

### Colds and Flu

Most respiratory bugs come and go within a few days, with no lasting effects. But some cause serious health problems. People who use tobacco or who are exposed to secondhand smoke are more prone to respiratory illnesses and more severe complications than nonsmokers.

**Colds** usually cause a stuffy or runny nose and sneezing. Other symptoms include coughing, a scratchy throat, and watery eyes. There is no vaccine against colds, which come on gradually and often spread through contact with infected mucus.

**Flu** comes on suddenly and lasts longer than colds. Flu symptoms include fever, headache, chills, dry cough, body aches, fatigue, and general misery. Like colds, flu can cause a stuffy or runny nose, sneezing, and watery eyes. Young children may also experience nausea and vomiting with flu. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. You also can get flu by touching a surface or object that has flu virus on it.

Flu season in the United States may begin as early as October and can last as late as May, and generally peaks between December and February. According to the Centers for Disease Control and Prevention (CDC).

### Top 10 Tips for Healthy Winter Skin

- 1) Invest in a humidifier to maximize moisture
- 2) Lower the thermostat to avoid dryness
- 3) Limit shower time and temperature
- 4) Opt for gentle, fragrance-free cleansers
- 5) Modify your facial skin-care regimen for the season
- 6) Moisture frequently, especially your hands
- 7) Apply sunscreen—even on gray winter days
- 8) Wear appropriate, nonirritating clothing
- 9) Remember to eat right and stay hydrated
- 10) Change out of wet clothes quickly to avoid itchy skin

## Spotlight topic: Communicable Diseases

*This months feature: Hand, Foot and Mouth & Pink Eye*

### Communicable Disease:

#### Hand Foot and Mouth Disease

**Incubation Period:**  
3-6 Days

**Contagious Time Period:**  
1-2 weeks for respiratory secretions; weeks to months for feces.

#### Pink Eye

**Incubation Period:**  
Variable depending on causative organism

**Contagious Time Period:**  
While signs and symptoms are present.

### Spotlight facts...

**Spread by:** Contact with fecal, oral or respiratory secretions

**Signs/Symptoms:** Fever, rash on hands, feet or mouth, conjunctivitis, sore throat, vomiting, diarrhea.

**Time excluded from school:** None, unless fever present or child cannot maintain hygiene.

**Spread by:** Direct or indirect contact with eye discharge.

**Signs/Symptoms:**  
*Bacterial:* red/pink itchy eye(s), green/yellow eye discharge.  
*Viral:* pink-swollen eye(s), light sensitivity.

**Time excluded from school:** None, unless fever, behavior change or unable to avoid touching eyes; antibiotics not required for return.

*For more information on communicable diseases, please visit: [www.cdc.gov](http://www.cdc.gov)*



# A Friendly Reminder

***Colder days are here!***

***Please remember to send your child(ren) with all their winter weather gear. Thank you!***

