



## WOLVERINE WELLNESS

### Crivitz School District Health Services Newsletter

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#### When To Keep A Sick Child Home From School?

The American Academy of Pediatrics recommends that your child be kept home if he/she is not able to take part in normal school activities, the illness causes an unsafe or unhealthy place for others at school, or when the child requires care that cannot be managed at school.

Keep your child home if he/she has:

**\*A Fever:** Temperature over 100.4 F along with behavior changes or other signs and symptoms of illness such as sore throat, rash, vomiting, diarrhea, earache or irritability. Fevers must be gone for 24 hours (without the help of over-the-counter fever reducers) prior to returning to school.

**\*Vomiting:** 2 or more vomits within 24 hours.

**\*Diarrhea:** 3 or more watery stools within 24 hours.

**\*An open or oozing sore:** Unless it is properly covered with a bandage that will not leak wound drainage while at school.

There are many other infectious diseases that require a child to remain home from school for a period of time such as Strep Throat, Pink Eye, Chickenpox, Mumps and Whooping Cough (Pertussis). Please contact the school first before your child returns, if he/she has had any of these

#### Top 5 Ways To Get Kids To Eat More Vegetables

Cut vegetables of different colors into different shapes and let kids play a bit. Let them make some fun artwork with their vegetables. Then provide some different dips for them to taste their artwork. Infuse a little fun time with veggies!

Have your children participate in some of the decisions around vegetables. Let them choose which vegetable to include at mealtime and discuss what are the different ways to add that vegetable to the meal. Children become more interested when they have taken part in the decision making.

Be creative and add more finely chopped vegetables to soups, casseroles and sauces. You can even add it to hamburger patties. It may sound a little sneaky but sometimes you have to help children see how delicious vegetables are in different foods.

Have your child plant a vegetable and take care of it. Treat it like a very special "pet" that needs time, attention and care. Kids will be more interested in trying a vegetable that they have nurtured and helped harvest.

Many vegetables can be eaten raw. Kids are funny about smells and texture. See what type of vegetables appeals most: soft, crunchy, smooth? Have a tasting test game with the whole family.



## Spotlight topic: Communicable Diseases

*This month's feature: Strep Throat & Scabies*

### Communicable Disease:

### Spotlight facts...

#### Strep Throat

**Spread by:** Contact with infectious respiratory droplets and saliva, direct contact with mouth or nose secretions.

**Incubation Period:**  
2-5 Days

**Signs/Symptoms:** Sore throat, fever, headache, tender swollen lymph nodes, decreased appetite, chills and sweats.

**Contagious Time Period:**  
Until 24 hours after initiation of appropriate antibiotic treatment.

**Time excluded from school:** Exclude 24 hours after initiation of appropriate antibiotic and fever resolved.

#### Scabies

**Spread by:** prolonged skin-to-skin contact (other rare sources being: contaminated bedding, clothes and toweling (1% chance).

**Incubation Period:**  
2-6 weeks; usually 4-6 weeks; 1-4 days if previously infected.

**Signs/Symptoms:** Intense itching (especially at night), red bumps or blisters most commonly found on skin folds.

**Contagious Time Period:**  
Until mites and eggs are destroyed, usually after initial topical treatment.

**Time excluded from school:** Exclude until treatment is complete.

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

**DRY winter SKIN...**



During the cold months, we tend to see a lot of very dry, chapped hands skin. An excellent solution for that is a product called Aquaphor. It's also helpful for chapped lips.

A good rule of thumb, when it comes to any dry skin, is applying a good moisturizer immediately after bath/shower time. Aquaphor offers a great "lock-in-moisture" element that standard lotions don't offer.

This product is available at any store and is typically located in the baby section. Also check it out at [www.aquaphorus.com](http://www.aquaphorus.com)

