

# Berlin Central

School District

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## Health Office

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September 27, 2018

Dear Parents and Guardians,

As October quickly approaches, we wanted to share some information with families of our school district.

### **Physicals (new requirements for the 2018-2019 school year)**

New students to the district and students in grades Pre-K, Kindergarten, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grades are required to have a physical within the last year. If you haven't already done so, please send your child's most recent physical to the Health office ASAP so we can update our records. Any child who has not had the required physical or whose documentation has not been received in the health office will be scheduled to be seen by our school physician. Upcoming school physicals are scheduled for Tuesday, November 13, 2018 at the MS/HS and Tuesday, December 11, 2018 at BES. If your child has an appointment for an upcoming physical, please call the health office with your appointment date ASAP. Remember, physicals obtained through your private physician can now be used for sports participation.

### **Illnesses**

It's that time of year again when we start seeing cases of Strep Throat, Flu, the common cold and other viruses such as the Coxsackie Virus. As this season approaches, please encourage your children to cover their coughs and sneezes with their elbow pits, **practice good hand hygiene by washing hands with soap and water for 20-30 seconds**, or as long as it takes them to sing the alphabet song. Frequent hand washing is the best protection against illness.

### **Strep Throat** There have been confirmed cases in our district

Signs and symptoms of Strep Throat include but are not limited to:

- A sudden, severe sore throat
- Pain when swallowing
- Fever over 101 degrees F
- Swollen tonsils and lymph nodes
- White or yellow spots on the back of a bright red throat

### **Flu**

Signs and symptoms of the flu

- Flu symptoms are usually more severe than cold symptoms, and come on quickly
- Sore throat
- Fever
- Headache
- Muscle Aches
- Congestion
- Vomiting and or diarrhea

**Coxsackie Virus (hand, foot and mouth disease)** There have been several confirmed cases in our district.

### **What is hand, foot and mouth disease**

It is a viral infection caused by a strain of Coxsackie virus. It causes a blister-like rash that, as the name implies, involves the hands, feet and mouth.

### **How is it spread?**

The virus is spread by direct contact with nose and throat discharges, blisters and feces of infected people.

**What are the symptoms and when do they start?**

Symptoms of fever, poor appetite, runny nose and sore throat can appear 3-5 days after exposure. Red blisters in the throat, on tongue, gums and inside of cheeks, palms of hands and soles of feet usually develop in 2 days after the initial symptoms.

**When and how long can someone spread the disease?**

A person is contagious when the first symptoms appear and may continue until the blister-like skin lesions disappear. The virus has been known to be shed in the stool for up to several weeks.

**How is it diagnosed?**

It is suspected on the appearance of a blister-like rash on hands, feet and mouth in a child with a mild febrile illness. There are specific viral tests to confirm the diagnosis, but are rarely performed due to expense and length of time needed to complete the tests.

**What is the treatment?**

There is no specific treatment. Treatment is aimed at fever control and maintaining good oral hydration.

**What can be done to prevent the spread of this disease?**

Children who feel ill or have a fever should stay home from school until the fever is gone and the child feels well. **Thorough hand washing** and care with diaper changing practices is important as well.

**Head Lice**

Head lice is a pesky problem in all schools. Let's all try to be pro-active this school year. Here are some helpful hints:

- Avoid sharing hair brushes, combs, hair clips, head bands, hats, scarves, headphones, athletic headgear, bike helmets etc with other family members or friends.
  - Screen all family members routinely to identify signs of head lice as early as possible.
    - Look for live lice, nits (eggs) attached to the hair shaft, open soars on the scalp
    - Frequent head scratching
  - Treat all family members on the SAME day. RETREAT in 7-10 days
  - Comb out nits from hair.
  - Clothing-wash all recently worn clothes in hot water (130 degrees F), wash clothing same day as heads are treated
  - Linens-Wash all Sheets, pillow cases, mattress pads, towels, bath rugs in hot water. Put in dryer for 20 minutes, wash same day as heads are treated
  - Stuffed animals-bag in black trash bag for 2 weeks
  - House and car-vacuum floors, mattresses, carpets on same day as head is treated
  - Prevention of Re-infestation-Re-check ALL family members heads daily for the next 7-10 days to be sure no nits were missed
- Continue checking once a week for the next few months

Routine screening and early detection is the best and only prevention of head lice outbreaks.

Call the health office if you would like more information.

SCREEN-DETECT-REMOVE-PROTECT

**WHEN TO KEEP YOUR CHILD HOME:**

Please keep your child home if he/she is just not feeling well, has a runny nose with green discharge, coughing uncontrollably, vomiting, diarrhea or a temp >100 degrees. Vomiting, diarrhea and temperature without medication should be resolved for 24 hours BEFORE returning to school. If your child becomes ill at school and needs to go home, you will be notified and asked to pick up your child.

We hope you find this information helpful. If you have any questions, please contact the health office.

Sincerely,

*Michele Corsey*

Michele Corsey, RN  
School Nurse