A School Nurse's Guide to Kids' Health and Safety

A VISUAL COMPANION GUIDE

Provided for you by RN to BSN
A SCHOOL NURSE’S GUIDE TO KIDS’ HEALTH AND SAFETY

Table of Contents

This visual companion to our kids’ health resource is designed to help school nurses and parents recognize the signs and symptoms of the common illnesses affecting school-aged children. We have also included printable instructions for hand-washing, the dos and don’ts of covering your mouth and tables that can be used to track weekly physical activity and healthy eating.

Our guide can be downloaded and printed in its entirety, or you can find and print the page most relevant to you.

Common School Illnesses

Pink Eye
How can I tell if it’s pink eye? ........................................... 1
How do I clean pink eye? ........................................... 2

Strep Throat
What does strep throat look like? ........................................... 3

Head Lice
What do head lice look like? ........................................... 4
What do I need to get rid of lice? ........................................... 5
How do I find lice? ........................................... 6
How do I remove lice? ........................................... 7

Chickenpox and MRSA
How long will my child be sick with the chickenpox? .............. 8
What are the stages of the chickenpox rash? ......................... 9
Chickenpox vs MRSA ........................................... 10

Common Cold vs. The Flu
What’s the difference between the common cold and the flu? ...... 11

Basic Personal Hygiene Musts

Hand-washing
How to thoroughly wash your hands ..................................... 12

Covering Your Mouth
How to cover your mouth ........................................... 13

Children’s Health

Exercise
What counts as exercise? ........................................... 14
Exercise tracking sheet ........................................... 15

Nutrition
Quick guide to portion size ........................................... 16
Nutrition tracking sheet ........................................... 17

Disclaimer: Though we endeavored to be thorough in our representations, it is always important to talk to your school nurse or healthcare provider before beginning treatment for an illness or changing your child’s diet.
How can I tell if it's pink eye?

- Normal eye
- Eye with inflamed or irritated conjunctiva (Pink Eye)

Source: http://www.cdc.gov/oranjunctiviitis/about/symptoms.html
How do I clean pink eye?

- Inside corner
- Eyelid
- Clean wet cloth
- Toward outside of eye

Source: http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/media/medical/hw/hwkb17_023.jpg
What does strep throat look like?

- Normal tonsil
- Normal soft palate
- Normal pharynx
- Normal uvula

- Abnormal throat redness
- Abnormal whitish spots on the tonsils
- Abnormal swollen tonsil

What do I need to get rid of lice?

- Disposable rubber gloves
- Styling/hair clips
- Magnifying glass
- Bright light
- Nit comb or fine toothed comb
- Tweezers

How do I find lice?

1. Wearing gloves, and under bright light, part hair to scalp in small sections.
2. Examine scalp and hair for nits and moving lice, use magnifying glass for closer look.
3. Look at entire head, particularly the back of the neck and above the ears.
How do I remove lice?

1. Wearing gloves, apply either medication or home remedy
2. Separate hair into small sections and secure with clips
3. Comb each section from root to tip with nit comb
4. Rinse comb under hot water after each pass
5. Use tweezers to gently remove stubborn nits

Source: http://www.sandl.net/cms/lib/CA01001235/Centricity/Domain/2345/nits.jpg
COMMON SCHOOL ILLNESSES / CHICKENPOX

How long will my child be sick with the chickenpox?

- **Contracted** (2-3 weeks)
- **Cold-like symptoms** (1-2 days)
- Rash develops (~1 week)
  - high fever
  - headache
  - loss of appetite
  - tiredness

- **CONTAGIOUS**
  - lasts ~4 weeks
- **Scabs**
  - lasts 5-10 days

Can return to school (no longer contagious)

Source: http://www.cdc.gov/chickenpox/about/symptoms.html
What are the stages of the chickenpox rash?

**Chickenpox Macule**
A macule is a change in the color of the skin. It is flat, if you were to close your eyes and run your fingers over the surface of a purely macular lesion, you could not detect it.

**Chickenpox Papule**
A papule is a solid raised lesion that has distinct borders and is less than 1 cm in diameter.

**Chickenpox Vesicle**
Vesicles are raised lesions less than 1 cm in diameter that are filled with clear fluid.

**Chickenpox Crusting**
Crusting is the result of the drying of plasma or exudate on the skin.

Source: http://www.pediatrics.wisc.edu/education/derm/text.html
Common School Illnesses / Chickenpox

Chickenpox vs MRSA

My child has a spot, but I’m not sure if it’s chickenpox. How can I tell?

If your child has a spot that is full of pus, warm to the touch, and looks like this:

This is not chickenpox. This is MRSA.
COMMON SCHOOL ILLNESSES / COLD & FLU

What's the difference between the common cold and the flu?

Symptoms

<table>
<thead>
<tr>
<th>The Common Cold</th>
<th>The Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How it is different from the flu:</strong></td>
<td><strong>How it is different from a cold:</strong></td>
</tr>
<tr>
<td>• Symptoms come on slowly</td>
<td>• Symptoms come on suddenly</td>
</tr>
<tr>
<td>• Low-grade fever if it occurs</td>
<td>• Higher and sustained fever</td>
</tr>
<tr>
<td>• Bodyaches, fatigue, cough, sore throat are mild</td>
<td>• Bodyaches, fatigue, cough, sore throat are more severe</td>
</tr>
<tr>
<td>• Runs its course in about a week</td>
<td>• Symptoms persist for two weeks or more</td>
</tr>
<tr>
<td>• Can lead to mild inner ear infections</td>
<td>• Can lead to pneumonia, bronchitis, and other colds or infections</td>
</tr>
</tbody>
</table>

What they share in common:
- Fever
- Congestion
- Sneezing
- Cough
- Bodyaches
- Fatigue
- Sore Throat

Prevention & Remedies

- Wash your hands often
- Avoid touching your face, especially mouth, nose, and eyes
- Keep surfaces disinfected to stop the spread of germs
- Over-the-counter medicines:
  - decongestants
  - pain relievers
  - fever reducers
- Plenty of fluids
  - water
  - fruit juice (non-citrus)
  - decaffeinated tea
  - milk
- Lots of rest
- The flu shot
- Prescription anti-viral medications*

*applicable only to the flu

How to thoroughly wash your hands

1. Wet your hands with clean, running water before turning off the tap and applying soap.

2. Lather the backs and palms of your hands, under your nails and between your fingers.

3. Scrub for 20 seconds, about the length of time it takes to hum the Birthday Song twice.

4. Thoroughly rinse hands under clean, running water.

5. Dry your hands with a clean towel.

Source: http://www.cdc.gov/features/handwashing/
BASIC PERSONAL HYGIENE MUSTS / COVERING YOUR MOUTH

How to cover your mouth

Do

Cough or sneeze into your shirt
Use your upper arm or elbow to catch a cough
Use a tissue when you sneeze
Throw all used tissues into the trash
Wash your hands or use hand sanitizer after coughing or sneezing

Cough or sneeze on the person in front of you
Use your friend’s arm to catch a cough
Use your hands when you sneeze
Leave used tissues lying around for others to pick up
Wipe your hands on your friends after coughing or sneezing

Don’t

Source: http://www.cdc.gov/flu/protect/covercough.htm
CHILDREN'S HEALTH / EXERCISE

What counts as exercise?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Vigorous Aerobic</th>
<th>Moderate Aerobic</th>
<th>Bone Strengthening</th>
<th>Muscle Strengthening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biking</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jumping Rope</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheerleading</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skateboarding</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Situps/Pushups</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Climbing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Exercise tracking sheet

For each day of the week, write down what activities or exercises you did to get your heart pumping, make your muscles stronger or toughen your bones. Put how long you spent on each one, then add up your minutes at the end of the day to make sure you reach at least 60 minutes. Use the accompanying table as a guide to choose activities, but remember: it’s better to move than to sit, so any activity is good activity. Set a goal for your week and work with your parents to set a reward!

<table>
<thead>
<tr>
<th>Weekly Goal:</th>
<th>This week I will:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day</strong></td>
<td><strong>Activities / Exercises</strong></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
</tr>
</tbody>
</table>

Did you meet your goal?!

Reward Yourself!!!
## Children's Health/Nutrition

### Quick Guide to Portion Size

#### Daily Servings per Age Group:
- **4-8 years**
- **9-13 years**
- **14-18 years**

#### Food and Portion Examples:

##### Dairy
- **Boys**
- **Girls**

##### Fruit
- **Boys**
- **Girls**

##### Grain
- **Boys**
- **Girls**

##### Protein
- **Boys**
- **Girls**

##### Veggies
- **Boys**
- **Girls**

---

**Source:** [www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/)
It's important to eat right, and meeting the recommended daily portions of each food group is how we ensure we do just that. For every day, list what foods you have at every meal and how much you eat of each thing. At the end of the day, use our accompanying graph to total each group to see if you're staying on track and meeting the daily requirements of a healthy diet. If you did, put a check, X or smiley face next to the food groups you ate enough of. At the end of the week, reward yourself for eating healthy by having a sweet treat!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Qty</td>
<td>Food</td>
<td>Qty</td>
<td>Food</td>
<td>Qty</td>
<td>Food</td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
<td>Lunch</td>
<td></td>
<td>Dinner</td>
<td></td>
<td>Snack</td>
</tr>
<tr>
<td>Daily recommended servings* met?</td>
<td>__ Fruits __ Vegetables __ Grain __ Dairy __ Protein</td>
<td>__ Fruits __ Vegetables __ Grain __ Dairy __ Protein</td>
<td>__ Fruits __ Vegetables __ Grain __ Dairy __ Protein</td>
<td>__ Fruits __ Vegetables __ Grain __ Dairy __ Protein</td>
<td>__ Fruits __ Vegetables __ Grain __ Dairy __ Protein</td>
<td>__ Fruits __ Vegetables __ Grain __ Dairy __ Protein</td>
</tr>
</tbody>
</table>

*Use our accompanying graphs to find how much of each food group you should be eating each day for your age.

Did you make healthy choices and eat right all week?!

Reward Yourself!!!

Have a special treat. It's okay to sometimes have things like chocolate, cake or ice cream.

What's important is portion control.