

# SWISD Nurses' Newsletter

## Summer Safety Tips

- Apply sunscreen, at least SPF 30 with both ultraviolet A and B protection, 15 minutes before sun exposure
- Reapply every 2 hours, or more often, when swimming or sweating
- Avoid being out in the sun between 10 a.m. and 4 p.m., when the intensity of the sun is at its peak
- Drink plenty of water
- Avoid caffeine and alcohol due to their dehydrating properties
- Seek shade to keep body cool and protected from harmful rays
- Wear protective clothing such as light colored, light-weight and loose-fitting long sleeved shirts, pants, sunglasses and wide-brimmed hats
- Be aware of subtle symptoms of dehydration: fatigue, feeling tired, headache, nausea



## PROTECT YOURSELF.



**1**

**REMOVE STANDING WATER.**



**2**

**KEEP MOSQUITOES OUT.**



**3**

**PREVENT MOSQUITO BITES.**

**LEARN MORE AT [TexasZika.org](http://TexasZika.org)**

### Special points of interest:

- > Summer Safety Tips
- > Protect Yourself
- > UHS School-Based Health Center
- > Do you have a sweet tooth?

Thank you to the following nurses who contributed to this newsletter edition:

Valerie Maldonado, RN

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## UHS School-Based Health Center

### Now Seeing Adults Too!

Parents should never have to worry about having quality healthcare for their kids nearby. The UHS School-Based Health Center offers your child and siblings up to age 18 the following services:

- Immunizations
- Physical Exams/Well Child Checkups
- Sports Physicals
- Minor Acute Care (ear infections, throat infections, asthma, bronchitis)
- Health Education on nutrition, disease, and injury prevention
- Medication Prescriptions as needed

UHS School-Based Health Center in SWISD

11914 Dragon Lane, 78252

(Next to Pony Fields)

(210) 644-7770



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

## Do you have a sweet tooth?

A lot of us do, and that's absolutely fine. Life is too short to deprive yourself of a treat. It's okay to have a slice of pie, but that doesn't mean you have to eat the whole pie! Sugar is essential to our bodies to function properly, and sugar is naturally present in fruits, milk, and vegetables. Plus, our bodies make sugar when it breaks down the foods we eat. The problem occurs when we consume too much of it. Do you love chocolate? Then enjoy a few chocolate kisses after your lunch. The key is to limit the sugars we consume, eat well-balanced meals, and be physically active. According to the NIH News in Health, "About 15% of the calories in the American adult diet come from added sugars. That's about 22 teaspoons of added sugar a day." The more sugar we consume, the more sugar we crave. Try to teach your body to limit sugar. For example, one way of reducing sugar is to drink water and add lemon or fruit to it instead of drinking sodas or sports drinks. It's just a matter of choosing wisely, and over time, you will learn to limit added sugar, and your

body WILL STOP CRAVING IT! The extra sugar we consume contributes to obesity, and the obesity epidemic is a direct result of our eating habits. We have to learn to be conscientious of what we put into our bodies. We can have juice, but choose one that doesn't have added sugars. Reading the labels and being aware of what you are consuming is important. There is no magic "diet." The only way is to make eating balanced meals a part of your lifestyle, forever. You'll look and feel GREAT too! For more tips on healthy eating and weight control, check out <http://win.niddk.nih.gov>



## Remember the Rule, Shots Before School

The summer has just started, but it isn't too early to think about your child's immunizations. State law requires students in Texas schools to be immunized against certain vaccine preventable diseases. Contact your child's healthcare provider to make sure your child's immunizations are up-to-date, and if necessary, make an appointment now to get your child their needed vaccinations. Don't wait. Beat the long lines, and you'll be thankful that you did. Without the proper documentation of required vaccinations or a valid medical or conscientious exemption, students will not be allowed to attend school. Getting your child vaccinated not only protects your child's health, but also that of the community.

You can visit SWISD's website or [www.ImmunizeTexas.com](http://www.ImmunizeTexas.com) for more information on vaccinations.



*Have a great and safe summer!*