

SWISD Nurses' Newsletter

Flu Facts: Did You Know...?

- 1.) The flu virus attacks the airways of the nose, throat, and lungs.
- 2) When a person who has the flu coughs, they can spread the flu through the droplets they cough to someone next to them.
- 3.) Symptoms of the flu include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting & diarrhea.
- 4.) Getting the flu shot is the best way to protect yourself and your family from the flu. Call the School-Based Health Center to get your flu shot at (210) 644-7770.
- 5.) You can help to stop the spread of the flu by staying home when you are sick. Students with a temperature of 100 degrees should not return to school until they have been fever free without the use of fever reducing medication (ie Tylenol, Motrin, etc.) for 24 hours.
- 6.) Washing your hands with soap and water, using hand sanitizer, and covering your coughs and sneezes (with the inside of your elbow) will help prevent the spread of the flu too.

For more information on the flu, visit TEXASFLU.org.

KEEP YOUR GERMS TO YOURSELF



WASH YOUR HANDS

Wash your hands often. Scrub for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



COVER YOUR COUGH

Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.



STAY HOME

If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.



GET YOUR SHOT

Protect yourself and others by getting vaccinated.

Stopping the **FLU** is up to you.



TEXASFLU.ORG

Special points of interest:

- > Flu Facts
- > UHS School-Based Health Center
- > Hot Cheetos
- > Set Your Student Up for Success

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

Valerie Maldonado, RN

Michelle Martinez, RN

Kim Neatherlin, RN

UHS School-Based Health Center

Parents should never have to worry about having quality healthcare for their kids nearby. The UHS School-Based Health Center offers adults, children, and siblings up to age of 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

Hot Cheetos... Addictive and Dangerous

Southwest ISD

Let's face it... We LOVE hot snacks!! Hot Cheetos, Takis, Hot Funyuns, Dynamites.... The hotter the better, RIGHT? Actually the answer is definitely NO!!

In the last few years, many Emergency Rooms and hospitals are reporting a rise in the number of visits and admissions due to these spicy snacks. "A number of patients who have consumed these Cheetos in excess have complaints of pain in their upper abdomen, rising up into their chest, likely due to the red peppers and spices contained in the snack." Dr. Robert Glatter ER physician reported to CBS News.

Many scientists and doctors are concerned about the addictive qualities of these fiery snacks. There is a perfect (but seriously unhealthy) combination of excessive fat, salt and sugar that make it difficult to put them down and many people consume far more than 1 serving at a time.

This can cause pain, heartburn, reflux and ulcers...all serious health issues. The red dye that colors the snacks has consequences as well. Eating too much of the snack can cause stools to turn a red color leading to many unnecessary ER visits for fear of bleeding. While the red dye may not be dangerous, it is definitely one indicator of over-eating the snack.



Eating any snack food in moderation is important. However the side effects of over eating spicy snacks has the potential to have serious health consequences. Parents are encouraged to monitor and limit or substitute these snacks for a healthier alternative. You can visit www.abcnews.go.com for more information and visit eatright.org for healthy snack ideas.

Set Your Student Up for Success

Studies have shown that healthy students perform better, attend school more often, and behave better in class. Be proactive in your child's health and plan ahead for your child's health care needs. Plan for health insurance before your child becomes sick or ask about resources available. Schedule preventative care appointments with the doctor, dentist, and optometrist. We now know that making time for physical activity, eating healthy, practicing good hygiene, getting plenty of rest, and providing emotional support will help with your student's overall performance. If you have questions in regard to your child's health, contact your child's campus nurse for help and guidance.

