

FEBRUARY 2024

# SCHOOL NURSE *Newsletter*



## Respiratory Illness

Respiratory viruses commonly cause illness such as flu, COVID-19, and respiratory syncytial virus (RSV), especially in the fall and winter. There are actions you can take to protect yourself and others. Use the information provided here as a reminder and share with school staff to inform others.

### RSV

The CDC recommends the RSV vaccine to infants under 19 months, pregnant women (during weeks 32-36) and people over the age of 60. Although the vaccine is not recommended for school-aged children at this time, it is good to encourage students to practice everyday prevention measures to help reduce the spread of RSV and other respiratory illnesses.

#### **Where to get RSV vaccine:**

- Pediatrician's offices ~ parents should check with their provider.
  - Local pharmacies carry the vaccine for 60+.
- Those interested in receiving the vaccine should check with their pharmacy for availability and cost/insurance coverage.

### [Respiratory Illness FAQs](#)

### [Learn about RSV symptoms, care, and treatment](#)

## Sexual Health

It is crucial to shed light on potential dangers associated with gonorrhea and chlamydia, and other sexually transmitted infections (STI) among school-aged teenagers. Both gonorrhea and chlamydia can have serious consequences on the reproductive health of adolescents, leading to pelvic inflammatory disease, infertility, and an increased risk of contracting other STIs. The silent nature of these infections, often asymptomatic, further emphasizes the importance of proactive education and prevention measures.

Promoting awareness about the significance of condom use and abstinence are key strategies in curbing the spread of gonorrhea and chlamydia among teenagers. Condoms serve as a barrier method that not only reduces the risk of STI transmission but also provides protection against unintended pregnancies. By emphasizing the correct and consistent use of condoms, we empower teenagers with the knowledge and tools to make responsible choices about their sexual health. Simultaneously, promoting abstinence as a valid and healthy choice reinforces the importance of delaying sexual activity until individuals are emotionally and physically ready, ultimately reducing the likelihood of STI transmission. Through comprehensive education on these preventive measures, we aim to empower teens to make informed decisions that safeguard their sexual health and well-being.

Is your school in need of condoms? [Contact us today for free condoms](#)

### 2023 Reported Cases in Chautauqua County 11-19 Year-Olds

Chlamydia

124

Gonorrhea

19

February is

# AMERICAN HEART month



## School programming

For nearly 50 years, the American Heart Association has been partnering with educators in elementary, middle and high schools across the nation to help educate students about healthy living.



American Heart Association.



The Kids Heart Challenge and American Heart Challenge are service-learning based fundraising programs that give students the opportunity to feel good, while doing good. It's a way for students to better their life – all while changing someone else's.

Students, families and staff will also learn valuable life skills, including how to make smart food choices, the importance of avoiding vaping/tobacco and the lifesaving skill of Hands-Only CPR.

[Learn more](#)

## Learn CPR

Many people who survive a cardiac emergency are helped by a bystander. The American Red Cross has a short 3-minute video, to help you learn how to perform Hands-Only CPR so that you can help deliver life-saving care until professional responders arrive. Learning this simple process can help save a life!

[Watch this short 3-minute video to learn hands-only CPR.](#)

The [American Red Cross](#) and locally, the Safety Village in Lakewood offer certified CPR course trainings for those looking for a more in-depth and certified training course.



American Red Cross

## Info for nurses & all adults!

We believe that encouraging a heart-healthy lifestyle involves a multifaceted approach, addressing elements such as stress reduction, balanced nutrition, and regular physical activity. One pivotal aspect to highlight is the significance of stress management in maintaining a healthy heart. Chronic stress has been linked to adverse cardiovascular effects, making stress reduction strategies crucial. Consider incorporating mindfulness practices, such as deep-breathing exercises or meditation, into your daily routines.

Another key focus area is promoting a balanced and nutritious diet, with a special emphasis on incorporating whole grains. Discover easy-to-implement dietary changes, like substituting refined grains with whole grains. Eating less saturated fat, like creamy sauces and gravy, and cutting down on sodium intake will help keep your heart healthy.

Advocating for regular physical activity is integral to a heart-healthy lifestyle. As school nurses, finding indoor walking routes within your school environment or exploring local yoga classes can be encouraged. Physical activity not only strengthens the heart but also positively influences mood and overall well-being.

