



January School Health Newsletter – Windham Exempted Village Schools

Cough and cold medicines are not for kids

A walk down the cough and cold aisle at your local pharmacy or supermarket presents a vast array of choices. When kids are congested and miserable, you might try anything marketed as sure relief. But, parents should be cautious. Not all the medicines are effective, especially for kids.

“Research has not proven the safety and effectiveness of non-prescription cough and cold medications, and they may in fact have severe adverse effects on kids,” said [Linda Beilstein](#), a certified pediatric nurse practitioner at [Akron Children’s Hospital Pediatrics in Boardman](#).

That’s why providers recommend over-the-counter cough and cold remedies should not be given to children under the age of 6, and parents should avoid using them for children between the ages of 6 and 12.

Most common colds are mild and self-limiting. Getting proper rest and adequate hydration are the most important ways to recover. In the meantime, supportive measures can be beneficial for your congested and miserable child.

To help with nasal congestion, place a cool mist humidifier at your child’s bedside. In addition, nasal saline spray or mist can be used to help clear out nasal drainage and loosen secretions.

“It has been proven that warm fluids such as tea and chicken soup do help ease the symptoms of the common cold that occur due to airway irritation,” said Beilstein. “Also, a teaspoon of honey has been shown to relieve a child’s cough.”

The key is prevention. To help prevent the spread of germs, teach your children to cover their coughs with a tissue, avoid putting their hands near their faces or in their mouths, and how to properly wash their hands.

“Also, all children 6 months and older should receive an annual vaccine in the early fall to prevent the influenza virus,” added Beilstein. “It’s important because the flu causes serious complications and even death in children every year.” Link to Inside Children’s blog post: <http://inside.akronchildrens.org/2017/11/13/cough-and-cold-medicines-not-for-children/>

School Health

Stop the Spread of Cold and Flu Viruses

You probably already know how awful the flu or common cold can make you feel. To help avoid all that misery - and possible health complications - getting a flu shot is the best way to prevent an illness.

But aside from vaccination, take these 5 steps to reduce your chances of getting sick during the cold and flu season:

1. Wash your hands frequently - and properly.

Using soap and warm water, scrub every surface of your hands, including under your fingernails, for a full 20 to 30 seconds. When you're not near a sink, hand sanitizer is a good substitute.

2. Cover your cough or sneeze.

Cough or sneeze into the crook of your arm or a tissue so the cold germs won't get on your hands and spread.

3. In this case, don't share!

Sharing paper towels, utensils, drinks or food in the lunchroom or bathroom can spread cold and flu germs.

4. Disinfect at home and school.

Cold germs can live on surfaces for several hours or even days. Wiping down things like your cellphone, locker, school desk, doorknobs and remotes can prevent the spread of germs.

5. Avoid touching your face.

Try to keep your fingers out of your eyes, nose and mouth. Cold and flu germs on your hands can easily be transferred when rubbing or itching your eyes and nose, for instance.





Urgent Health Care Renaissance Center

Starting on February 5th, there will be an Urgent Care Clinic on Mondays and Wednesdays at the Renaissance Family Center! The clinic will serve all age groups with minor, urgent and acute illnesses and injuries. The care is free to individuals with no insurance and income at or below 200% of poverty level. Hours will be announced shortly, but will include late afternoon and early evening hours. Flyers with more information will come home with students and water bills.

Flu or Cold Symptoms?

How do you know your child has a cold or the flu and should you send them to school?

Symptoms of the flu include:

Fever (usually high), extreme tiredness, headache, dry cough, sore throat, runny or stuffy nose, muscle aches and pains, stomach symptoms, such as nausea, vomiting, diarrhea (more common in children than adults), chest discomfort

Symptoms of a cold:

Sneezing, stuffy or runny nose, may have fever (usually not high), productive cough, mucus, sore throat

*Please do not send your child to school if they have over a 100 degree fever or has had it in the past 24 hours, is vomiting or has in the past 24 hours, or has a **severe** sore throat. More information can be found on the school's Jr/Sr High page under the Nurse's Station tab. If you have questions, call 330-326-2711, ext. 541. Wash those hands and stay healthy!!

Link to CDC website for flu information: <https://www.cdc.gov/flu/school/qa.htm>