



NURSE NEWSLETTER

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Headlice

There is a recent rise in head lice cases among elementary students. Schools provide an ideal environment for the spread of head lice due to close contact among children.

Head lice are tiny insects that live on the scalp and feed on blood, often causing itching, redness, and irritation. To check for head lice, carefully examine your child's scalp and hair for live lice or nits—small, oval-shaped eggs attached to the hair shaft near the scalp. Using a fine-toothed comb can help detect both lice and nits. It's important to check all household members to prevent further spread.

Lice are most commonly spread through direct head-to-head contact but can also be transmitted by sharing hats, brushes, combs, clothing, and other personal items. To prevent the spread, remind children not to share these items with others.

Reminder

I-Smile will be visiting both North and South Elementary students who are in grades 2nd through 5th in April. I-Smile will only be allowed to see your student if you have filled out the paperwork giving them permission. Those permission slips were sent out several weeks ago via email. If you have any questions contact the elementary school nurse.

Events

- 3rd Grade Person Hygiene Education/Bicycle Safety
3/36/25 & 3/27/25
- Preschool Oral Hygiene Education 3/25/25, 3/28/25, & 4/1/25
- April 9th I-Smile for 2nd through 5th grade
- April 18th 5th Grade Maturation Education

MEASLES AWARENESS

What Parents Need to Know to Protect Their Children:

Measles is a highly contagious viral disease that can spread quickly, especially in schools and daycare centers. Although vaccines have significantly reduced its spread, outbreaks still occur, mainly among unvaccinated individuals. Understanding measles and how to prevent it is crucial for keeping your child safe.

What is Measles?

Measles is caused by the measles virus (genus Morbillivirus, family Paramyxoviridae). It spreads through the air when an infected person coughs or sneezes, and the virus can remain in the air and on surfaces for up to two hours. More than 90% of unvaccinated individuals who are exposed to the virus will become infected.

Symptoms and Complications

Measles symptoms typically appear 7–14 days after exposure and include:

- High fever (103°–105°F)
- Cough, runny nose (coryza), and red, watery eyes (conjunctivitis) – known as the “3 C’s”
- A red, blotchy rash that starts at the hairline and spreads downward to the rest of the body
- Koplik spots (small white or bluish-white spots inside the mouth)

Measles can cause severe complications, including:

- Pneumonia (a leading cause of measles-related deaths)
- Encephalitis (brain swelling), which occurs in 1 in 1,000 cases
- Death (1–2 in 1,000 cases)

Children with weakened immune systems are at higher risk for severe complications.

How Does Measles Spread?

Measles is one of the most contagious diseases in the world. It spreads through airborne droplets when an infected person breathes, coughs, or sneezes. A person with measles is contagious from 4 days before to 4 days after the rash appears.

Prevention: The MMR Vaccine

The Measles, Mumps, and Rubella (MMR) vaccine is the most effective way to protect your child and the community. The vaccine is:

- 95% effective after one dose
- 99% effective after two doses

The CDC recommends:

- First dose: 12–15 months old
- Second dose: 4–6 years old