

# Nurses Newsletter

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Banks School offers a safe, barrier-free learning environment where the community and school team work together to promote student success.

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## Upcoming Activities and Events at Banks School

April 10<sup>th</sup> – Good Friday

May 26<sup>th</sup> – Memorial Day

May 28<sup>th</sup> – Last day of School

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## Sunburn is better prevented than treated

1. Sunscreen needs to be applied  $\frac{1}{2}$  hour before going out in to the sun
2. If you are sweating, swimming or in the rain these decrease the effect of SPF so reapply sunscreen every 40-80 minutes.
3. When looking for Sunscreen look for products with SPF that contains UV-A screen.
4. Always protect your eyes with good quality sunglasses.
5. Wear protective clothing: wide brim hat, a shirt and long pants for protection.
- 6 Certain medications increase one's risk of sunburn by increasing the photosensitivity of the skin.

If you do get sunburn: Take a cool shower, bath or place wet, cold wash rags on the burn. Avoid products that contain lidocaine or petroleum (like Vaseline). If blisters are present, dry bandages may help prevent infections. If your skin is not blistering, moisturizing cream may be applied to relive discomfort.

## Basic Hygiene

Here are some tips to help your child stay healthy.



**Shower-** Take showers at least once a day washing with soap and water.

**Hand washing-** Scrub all surfaces of hands, including between each finger and

under finger nails, for at least 20 seconds

**Finger Nails** - Keep the clipped so that the stay clean and germ free.

**Brushing Teeth** - Twice a day with your toothbrush and toothpaste; and flossing daily to prevent toothdecay

**Clothing** - Remember to change clothes daily.

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## Sun Poisoning Symptoms

There are two types of sun poisoning. The first type, there may be reaction to the sun rays in the form of red, bumpy skin with rashes. The Second type of sun poisoning involves heat stroke or sun stroke. It happens because of dehydration and loss of electrolytes. Symptoms include, redness and tenderness of skin, itching of the skin, development of blisters (very small to large water filled), fever, chills, nausea and vomiting, fatigue, dizziness, dehydration, swelling of the legs and feet.

**If you, or someone you know, experiences these symptoms seek medical treatment immediately**



Every Child Deserves a School Nurse