



HEALTH NEWS

Health Information For Students and Their Families

Dear Y.A.L.E. Community,

In this summer edition, you'll find a wealth of information to help ensure a safe, healthy, and enjoyable season for everyone. From tips on sun safety and hydration, to reminders about vaccinations and preparing for the new school year, our goal is to support your health and well-being throughout the summer months.



Everything You Need to Know About Sun Protection

Everyone needs sun protection. The American Academy of Dermatology recommends that you protect your skin from the sun's harmful UV rays by applying sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned people also can get painful sunburns. Cover exposed areas with lightweight clothing, hats, and sunglasses when out in the sun. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

How, When, and Where to Use Sunscreen

Apply sunscreen generously whenever you will be in the sun. For best results, apply it about 15 to 30 minutes before going outside. Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them. Reapply every two hours, or more often if swimming or sweating. If swimming, make sure it is also water-resistant which will protect you while in the water for 40–80 minutes. Don't forget to also protect lips with an SPF 30 lip balm.

Dermatologists recommend using 1 ounce (enough to fill a plastic medicine cup) to cover the exposed areas of the body. Another trick is to use the “teaspoon rule.” Use 9 teaspoons of sunscreen for the whole body: 1 teaspoon for the face and neck, 1 teaspoon for the front of the torso and 1 for the back of the torso, 1 teaspoon for each arm, and 2 teaspoons for each leg. Reapply sunscreen often, about every 2 hours. Reapply if you have been sweating or swimming.

What Else Should I Know?

- Don't use sunscreens with PABA, which can cause skin allergies. Avoid the ingredient oxybenzone, which may have hormonal properties
- For sensitive skin, choose mineral sunscreen with the active ingredients zinc oxide or titanium dioxide
- Teens or preteens who want to use a self-tanner sunscreen should get one that also has UV protection
- Some cosmetics contain sunscreen, but usually don't offer enough protection from the sun so make sure your teen puts sunscreen on before applying makeup



Types of Sunscreen

A sunscreen's ability to protect from harmful UV rays is most important. Look for one that is broad-spectrum which protects against both UVA and UVB rays. Sunscreens are available as creams, gels, sprays, and sticks. Creams are best for dry skin areas, sticks help around the eye area, and gels are good for areas with hair like the scalp. Sprays are convenient, however, they can make it hard to know if you've applied enough, and kids could breathe in the fumes.

Mineral sunscreen

Mineral sunscreens sit on top of the skin and act as a barrier to the sun's rays. You may see the words zinc or titanium on the label. These can be hard to rub in because they are designed to stay on the surface of the skin, so therefore might leave the skin a little whitish. Some even come in fun colors that kids enjoy. Mineral sunscreen starts to work as soon as it is applied, but it can come off easily with water or sweat.

Chemical sunscreen

A chemical sunscreen protects the skin by absorbing the sun's rays like a sponge. It converts the rays into heat and then releases that heat from the skin. Because it absorbs into the top layer of the skin, it doesn't leave the whitish coating on the skin that minerals do and it doesn't wash off as easily either. But it can take 15-30 minutes to start working.

Stay Active: Encourage your child to stay active during the summer months through outdoor play, sports, and recreational activities. Limit screen time and encourage physical activity to promote overall health and well-being.

Stay Hydrated

With the warmer weather, it's crucial to drink plenty of fluids throughout the day, especially water. Dehydration can lead to fatigue, headaches, and heat-related illnesses. Encourage your child to carry a water bottle and drink regularly, particularly when playing outdoors.

Dehydration symptoms may include:

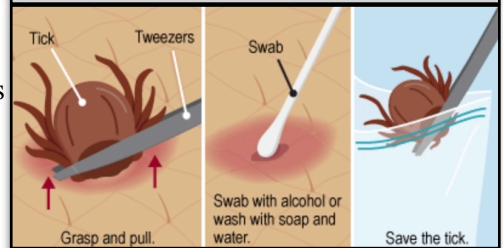
- Headache, delirium and confusion
- Tiredness (fatigue)
- Dizziness, weakness, lightheadedness
- Dry mouth and/or a dry cough
- High heart rate but low blood pressure
- Loss of appetite but may crave sugar
- Flushed (red) skin
- Swollen feet
- Muscle cramps
- Heat intolerance or chills
- Constipation
- Dark-colored urine. Pee should be a pale, clear color



How Do I Remove a Tick?

It's important to remove a tick as soon as possible. Follow these steps:

1. Use tweezers to grasp the tick firmly at its head or mouth, next to the skin. Use a magnifying glass to see the tick clearly if necessary.
2. Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. Parts of the tick might stay in the skin, but eventually will come out on their own.
3. Wash your hands and the site of the bite with soap and water.
4. Swab the bite site with alcohol to disinfect the skin.



Tick Bite Prevention

Most tick bites are harmless and don't need medical treatment. But some ticks (like the deer and wood tick) can carry harmful germs that cause diseases like Rocky Mountain spotted fever and Lyme disease. The deer tick is no larger than a pencil point while others are larger and easier to find.

To help prevent tick bites: Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years.

Carefully follow the label directions. Clothes can also be treated with insecticide (like permethrin) to help prevent bites. When playing in wooded areas, wear long-sleeved shirts and pants and tuck pant legs into their socks.

After being outside, check skin and scalp, behind the ears, around the neck, under the arms and in the eyebrows and eyelashes. Wash skin with soap and water when back inside. If you've been in an area with ticks, wash all clothes in hot water and tumble dry on high heat before they are worn again.

What Are the Signs of Tick-Related Diseases?

Watch out for a red bump ringed by an expanding red rash, which looks like a bull's-eye (Lyme disease) red dots on the ankles and wrists (Rocky Mountain spotted fever) flu-like symptoms such as fever, headache, tiredness, vomiting, and muscle and joint aches. Call your doctor if:

- You find a tick bite, especially if the tick might have been on the skin more than 24 hours. Sometimes, doctors prescribe a preventive dose of antibiotics for kids at high risk for Lyme disease.
- Part of the tick remains in the skin.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- There are symptoms like fever, headache, tiredness, stiff neck or back, joint swelling, or muscle or joint aches.
- The person can't move areas of their face.

Ensure your child is up-to-date on vaccinations and complete school medical paperwork!

Every summer, Y.A.L.E. nurses review the medical concerns of each student and identify which related forms are needed. We then mail home packets with the specific forms your child will need. When you receive this packet, make sure these forms are returned BEFORE school starts in September so that the nurse has time to review them. If you have questions related to a form do not hesitate to call the nurse. It is better to clarify why a form was sent before school starts so that it does not affect participation in activities. Also, make sure that you have also dropped off any needed medications in person. You CANNOT place medications in your Child's back pack. You will also receive a separate packet of forms from the school administration office. Make sure when filling out your EMERGENCY CONTACT form that you list people who would be willing and available to pick up your child should the nurse not be able to contact a parent/guardian. Often times we call the emergency contact and are told they are at work or do not have transportation. This is NOT the person you should choose. Do not leave the emergency contact blank.