



# SCHOOL NURSE *Newsletter* ★★

NOVEMBER 2023

*It is our goal, as your local Health Department to provide updated, relevant and purposeful technical assistance related to the health needs of your student body. Below are some popular topics you've asked about!*

## Hand Foot and Mouth Disease



Hand, Foot and Mouth Disease (HFMD) is usually a concern for younger children but can happen in all ages. HFMD is caused by a virus and is most contagious in the first week of illness. Symptoms of (HFMD) usually include fever, mouth sores and skin rash. It can also show up on the buttocks, legs, and arms. The rash usually is not itchy and looks like flat or slightly raised red spots, sometimes with blisters that have an area of redness at their base. [Read more](#)

## Toilet Training

We realize that some children come to school lacking basic toilet training skills. We support efforts of Chautauqua County's educators and their aides. We've created an information sheet and encourage you to share it with school staff to help these processes go a little smoother.



## Head Lice/Bed Bugs

School nurses know that **head lice** can be hard to manage at times. Many factors come into play in order to keep head lice from reoccurring within the home and ultimately in the school. Good news! We are working on a supplemental document to share with parents.



## Handwashing

We have a large supply of 11x17 posters on handwashing perfect for posting in bathrooms and classrooms. Please let us know if you would like some mailed to you.

[EMAIL US](#)



Another potentially hard to manage hazard are **bed bugs**. Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine.

[Click to read more about these topics.](#)

*Thank You!*

November 21st is National Public Health Thank You Day. Thank you for the care you provide to children in Chautauqua County!

# Teen AWESOME Youth Resources

*Providing you with resources to help prevent unhealthy behaviors, promote wellness, and protect the health of our youth.*

## PREVENTION WORKS

Educate ■ Collaborate ■ Motivate

Prevention Works provides evidenced-based prevention and intervention services for youth and adolescents, addressing topics surrounding life skills, social skills, individual or family alcohol, tobacco/vaping, or other substance use. Educational sessions can include goal setting, self-esteem building, decision-making, coping skills, bullying, conflict resolution, chemical dependency in the home, internal/external peer pressure and media literacy.

### Schedule a free group session

Call 716-664-3608 or 716-366-4623

If you know a parent or guardian who would like to learn about effective ways to deal with common problems with youth and adolescents, contact Aubrey Shipherd our Family Wellness Coordinator at 716-664-3608 ext. 110.

### Prevention Works Brochure

## Drug Abuse

Combat Addiction CHQ offers tools and resources for the prevention of, treatment for, and recovery from addiction in include free Naloxone, Naloxone training and information about where students and families can find services related to addiction.

For more information, [visit their website](#) and contact Steve Kilburn at [kilburns@chqgov.com](mailto:kilburns@chqgov.com)



Email Steve Kilburn

## Sexual Health

The Health Department provides free condoms and safe sex information to schools. Please [contact us](#) if you are interested in receiving a package of condom supplies.

## CLICK TO SUBMIT TOPICS

Please tell us what topics or emerging issues you would like to see covered in future newsletters.

*We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.*