

# SCHOOL WELLNESS NEWSLETTER

November 2024

## Tri County District Nurses

**Kim Thompson RN and Jamie Moline RN**

We are present in the District and on campus Monday through Friday 7:15 am until 3:45pm. You can also reach us after hours by phone call, text, or email.

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## From the Nurses Desk

**Winter is approaching and its time to talk about ways to stay healthy in the upcoming months.**

Topics covered in this newsletter:

- Influenza versus a Cold
- Handwashing
- Healthy Chili recipes
- Outdoor activities

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## Cold Versus Flu

### Purpose

- Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses.

- Colds and flu share many symptoms, so it can be difficult to tell the difference between them based on symptoms alone.
- Cold symptoms are usually milder than flu.
- Special tests can tell if a person is sick with flu.

### **Understanding the Differences Between a Cold and the Flu:**

Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses, including rhinoviruses, parainfluenza, and seasonal coronaviruses. Seasonal coronaviruses should not be confused with SARS-CoV-2, the virus that causes COVID-19. Because flu and the common cold have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are typically more intense and begin more abruptly. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have serious associated complications.

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## **When the Flu becomes an Emergency**

### Emergency Warning Signs of Flu Complications

*People experiencing these warning signs should obtain medical care right away.*

#### **In children**

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104 degrees Fahrenheit that is not controlled by fever-reducing medicine
- In children younger than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

#### **In adults**

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Common
Aches	Mild	Usual
Chills	Rare	Common
Fatigue, weakness	Mild to moderate	Severe
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

Adapted from the CDC

**Allina Health**

## How to prevent the spread of the Common Cold and Influenza

- **Avoid Close Contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

- **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

- **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## Handwashing is Important



### Key times to wash hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
  - Before and after eating food
  - Before and after caring for someone at home who is sick with vomiting or diarrhea
  - Before and after treating a cut or wound
  - After using the toilet
  - After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
  - After touching an animal, animal feed, or animal waste
  - After handling pet food or pet treats
  - After touching garbage

### How it works

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands **for at least 20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

Use hand sanitizer when you can't use soap and water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

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## Four Chili Recipes Below:

### Turkey Chili

## Chicken Chili

## Beef Chili

## Vegetarian Chili



## Fall Activities

### 30 DAYS OF FALL ACTIVITIES

[naturalbeachliving.com](http://naturalbeachliving.com)

1 go on a bike ride	2 have a photo shoot 	3 go bowling	4  visit an apple orchard	5 PAINT PUMPKINS
6 build a bird house 	7 visit a festival	8 eat candy corn	9 make a fall wreath	10 go on a nature walk 
11 jump in a pile of leaves	12 make apple cider	13 watch a fall movie	14 go horse back riding 	15 CREATE A LEAF CRAFT
16  read outdoors	17 roast marshmallows	18 make soup	19 have a picnic	20  volunteer
21 BUILD SOMETHING	22 bake cookies	23  find acorns	24 make a ra-suu blanket	25 go on a hay ride
26  make trail mix	27 visit an outdoor market	28 go for a walk	29 MAKE SOMETHING WITH PUMPKIN	30 have a bonfire 



## Sign the whole family up for the Turkey Trot

Run Sign Up: click on box

### Tri County Turkey Trot

The Tri County Turkey Trot is on Thursday November 28, 2024.

[runsignup.com](https://runsignup.com)



**Kim Thompson**

Kim is using Smore to create beautiful newsletters