



Nurse's Newsletter - Fall/Winter 2017



From your School Nurses, Kira and Amanda

Homemade Cranberry Sauce for the Holidays

Cranberries are full of antioxidants, vitamin C, and dietary fiber! Half a cup of cranberries contains only 25 calories. The nutrients in cranberries have been linked to a lower risk of urinary tract infections, prevention of certain types of cancer, improved immune function, and decreased blood pressure.

Try making this easy 15 minute cranberry sauce with your kids this holiday season!

Ingredients

¾ cup sugar

½ cup orange juice

½ cup water

12 oz fresh cranberries, rinsed and picked through

pinch of salt

1 cinnamon stick

1 piece of orange peel (just use a potato peel or paring knife)

Instructions

1. Combine sugar, orange juice, and water in a large saucepan over medium heat. Stir to combine.

2. Add cranberries, salt, cinnamon stick and orange peel.

3. Bring to a simmer over medium heat, stirring frequently.

4. Continue cooking, for about 10 minutes, or until all or most of the cranberries have popped.

5. Let cool for at least 30 minutes. Cover and refrigerate until ready to use.

Can be made up to 3 days in advance.

Don't forget

Immunization Exclusion day is right around the corner on February 21, 2018!

The law requires all enrolled students to be vaccinated. Students must be up-to-date, or complete on all required immunizations. Schools must report immunization statistics to the Health Department annually. If your child has recently received any immunizations, please provide the record to their school. Most 7th grade students will be due for a Tdap immunization this year. Please contact your medical provider if you are unsure if your child is up-to-date on their immunizations.

Flu season is Here!

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Flu season is here! Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months and older. CDC recommends that people get vaccinated by the end of October. It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

You have the power to protect your family against flu this season. Get yourself and your family a flu vaccine. Wash your hands often with soap and water, cover your nose and mouth with a tissue when you cough or sneeze. If you become sick, limit your contact with others to keep from infecting them. Help fight the Flu!

Students should not be sent to school if they exhibit any of the following:

- ◆ Fever greater than 100.5°F; (stay home until fever free for 24 hours);
- ◆ Vomiting (stay at home until vomiting has stopped for 24 hours);
- ◆ Stiff neck or headache with fever;
- ◆ Any rash with or without fever;
- ◆ Unusual behavior change, such as irritability, lethargy, or somnolence;
- ◆ Jaundice (yellow color of skin or eyes);
- ◆ Diarrhea (stay home until diarrhea has stopped for 24 hours);
- ◆ Skin lesions that are “weepy” (fluid or pus-filled);
- ◆ Colored drainage from eyes;
- ◆ Brown/green drainage from nose with fever of greater than 100.5 F;
- ◆ Difficulty breathing or shortness of breath; serious, sustained cough;
- ◆ Symptoms or complaints that prevent the student from participating in his/her usual school activities, such as persistent cough, with or without presence of fever;
- ◆ A need for care that is greater than school staff can safely provide.

Local pharmacies can provide vaccinations to anyone over 11 years of age. The Wellness Center located in the Hermiston High School is open to all students Mondays 8:00 am to 1:00pm, Tuesdays—Fridays 11:00am to 4:00 pm and can be reached at 541-667-6199. Or contact your primary care physician for more information on how to get vaccinated for the flu.