

Congratulations and Best Wishes to all of our wonderful graduates!

Be grateful for who you are and believe in you and not in what others may say about you.

And, remember to always do the right thing. For in every word you say and action you take, you will affect not only you, but also all those who know you.



I'm Grateful

Author Unknown

No one can live a life
 apart
Untouched by other lives
As well one might
 attempt
To paint a picture in
One tone with no
 detail
Of shade and light;
Or play a melody
 with
Just a lonely note.
My life is not just
My own design but
part of all the rest
that pass my way,
And each of these is part of mine.

This Month's Health Tip:

Measles Update: As per recent CDC information:

<https://www.cdc.gov/measles/cases-outbreaks.html>

Measles Cases in 2019

From January 1 to May 10, 2019, 839** individual cases of measles have been confirmed in 23 states. This is an increase of 75 cases from the previous week. This is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.

Symptoms to watch for:

- High fever (may spike to 104 degrees)
- Cough
- Runny nose
- Red watery eyes
- In 2-3 days white spots may appear inside mouth
- 3-5 days after symptoms begin a flat red rash with small raised bumps appear starting at hairline and spreading downward to neck, trunk, arms, legs and feet.

<https://www.cdc.gov/measles/about/signs-symptoms.html>

Please consider speaking with your child's doctor to receive the MMR vaccine if your child is not already vaccinated.

You might also check with your doctor to see if you still have immunity to measles.

Update for Spring and Summer Safety

Allergies: Environmental allergies involving allergic reaction to pollen, for example, can be helped by keeping your windows closed, using air conditioning, bathing frequently, and washing clothing. Even though allergens may not be visible, it is still present on your hair, body, clothing, etc. Talk with your doctor regarding antihistamines for allergies and inhalers for asthma.

Please note that asthmatics (with obvious asthmatic symptoms) should never take antihistamine (such as diphenhydramine) due to adverse reactions which can take place in the bronchi and lungs! Difficulty breathing, especially if the respirations are very shallow with limited movement of air in the lungs is considered a medical emergency.

Other allergy related articles (especially Vitamin E and Magnesium as related to helping combat asthma) may be found on: <https://nccih.nih.gov/health/asthma>

Sun Safety: Remember the algorithm noted in past Nurse's Notes borrowed the from the Australian's : "**Slip, Slap, Slop**": Slip on a shirt or other covering, Slap on a hat, Slop on the sunscreen (at least 30 SPF or more to protect against ultraviolet rays,(UVA and UVB rays). Both can cause skin cancer.

For updated information regarding the safety of sunscreen, please see the American Academy of Dermatology web site: <https://www.aad.org/search/?k=sunscreen>

They stress applying sunscreen, (about 1 ounce) to cover exposed areas of the body (at least 30 SPF) 15 to 30 minutes prior to going outside (remember to apply a lip sunscreen product as well). Follow directions for reapplying (about every hour)if swimming or perspiring. Sunscreen should also be used on cloudy days and in winter months as well. And, remember those sunglasses too!

Keep well hydrated and be aware of signs and symptoms of heat exhaustion and/ heat stroke.

Please see CDC web

site:<https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-128.pdf>

Water Safety: Parents: Please stress to your children:

Follow all safety rules at the beach, pool and lake:

Swim with a friend.

Swim near the lifeguard- If in ocean and caught in a rip current, please teach your child to swim parallel with the shore (across the water) until out of rip tide, then back to shore.

Dive only in designated area of pool where water is deep enough so as not to hit your head.

Brain / spinal cord damage can occur and cause part of body to be paralyzed if one's head is hit from diving into shallow water (pool, lake, ocean) **BE CAREFUL !**

Insect Awareness:

Please see helpful information regarding mosquito safety tips and products:

<https://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html>

Ticks: Lone Star, Blacked Legged and Western Block-Legged, American Dog, Rocky Mountain Wood and Pacific Coast Ticks: All can cause serious illnesses such as Rocky Mountain Spotted Fever, Lyme Disease, Babesiosis, Ehrlichiosis. Also, **mosquito:** Can cause West Nile Virus, regarding medication and /or immunizations.

<http://www.cdc.gov/Features/vaccines-travel/index.html>

Follow these directions to properly remove a tick as long as tick is not embedded in skin. In that case, seek medical attention right away.

In cases where tick is attached to skin:

- Use a fine point tweezer and grasp the tick at it's jaw and pull straight out.
- Save tick (place in small container) to show doctor or Health Department in case testing is needed.
- Clean site of tick bite with disinfectant, and apply antibiotic ointment and wash hands.
- Notify your doctor and be mindful of flu-like symptoms 4 to 8 weeks after tick bite.

Also, a bulls-eye rash (or any rash) may or may not be present. Watch also for swollen joints (especially knee), changes in personality, etc.

Plant Safety:

Poison ivy, poison sumac or poison oak. Skin irritation and rash is caused by a chemical known as Urushiol. Topical dermatitis can cause intense itching, burning, small blistering (at first) rash which can become infected if not treated appropriately. Should contact be made with this irritant:

- Wash the affected area immediately with soap and water and change clothing immediately.
- Wash clothing immediately. Discard exposed gloves.
- Objects making contact with this oily resin should be washed as well or discarded. If contact dermatitis (red, bumpy, blister-like rash) occurs, try applying over-the-counter remedies containing cooling, anti-itch ingredients (call and ask your pharmacist or doctor for the best choice). If no improvement is noted, please see your doctor for stronger medication such as a topical or oral steroid, if warranted.

Until September,
Have a Safe, Healthy and Happy Summer!
Debbie Karuppan RN,C

