

Patriot Health Newsletter

Thomas Jefferson Elementary School Nurse
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Important Tips!!!

- **Please encourage your child to eat breakfast at home or school every day!!**
- Make sure your child gets **at least eight hours of sleep** at night.
- Healthy children learn better.
- If your child needs medical insurance, **FAMIS** is available. Contact the nurse for more information.

Head lice

Head lice infestation, or pediculosis, is spread most commonly by close person-to-person contact. Please notify the school nurse when your child has head lice. Children must be checked by the nurse prior to re-admission to school.

Head lice may be difficult to see but signs to look for include:

- Persistent scratching of the head or back of the neck.
- Visible crawling lice on the scalp and/or hair.
- White specks in the hair that may look like dandruff. Dandruff is easily removed but nits (eggs) are glued to the hair shaft and very difficult to remove.

Symptoms	Coronavirus [†] (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. [†]Information is still evolving. ^{**}If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. ^{***}Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. ^{****}If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.
Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 7/15/20 • aafa.org/covid19

Do You Have Any Idea What Germs Could be on Your Hands?

