



# Nurse's Notes

October 2015

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Volume 2 October 2015

## Lice: What to Do?

(See Power Point & Lice Checklist on Health page on Ridge School Website)

- Check your child's/children's head daily!
- Children may complain of itching and you may notice irritation/redness around the neck, ears, or scalp.
- If you notice any nits or live bugs the head needs to be treated. There are several over the counter products you can use or you can also use natural products.
- It is imperative that you comb out all visible nits and continue to comb out for at least two weeks.
- Wash all bedding and clothing in hot water.
- Vacuum all furniture & rugs.
- Put all stuffed animals, pillows, etc. in the dryer on high heat for at least 1 hr. or tie up in a plastic bag & leave for 2 weeks.
- Notify friends who have been in contact with your son/daughter so they are aware and can check their children too.
- Let the school nurse know so she can send out a letter to grade level parents.
- Once the child is treated they can come back to school. They should be checked by the school nurse prior to going to class.
- Instruct your children not to share combs/brushes, hair ties, hats, helmets.
- Wear long hair pulled up & tied back.
- Discourage sleepovers when there is a lice outbreak.
- If everyone does their part, we can reduce the number of cases of lice in the school!

## Fire Safety Month

OCTOBER IS FIRE SAFETY MONTH

**MAKE SURE YOU HAVE SMOKE ALARMS ON EVERY LEVEL OF YOUR HOME.**

**CHECK OR REPLACE THE BATTERIES IN YOUR SMOKE ALARM EVERY 6 MONTHS**

**REMEMBER TO KEEP MATCHES AND LIGHTERS OUT OF REACH OF CHILDREN.**

**DON'T LEAVE CANDLES BURNING &/OR UNATTENDED.**

**PRACTICE AN ESCAPE PLAN WITH YOUR FAMILY AT LEAST TWICE A YEAR.**

**KEEP SPACE HEATERS AT LEAST 3 FEET FROM ANYTHING THAT CAN BURN. TURN THEM OFF WHEN YOU LEAVE THE ROOM OR GO TO SLEEP.**

monday	tuesday	wednesday	thursday	friday
			1	2
5	6	7	8	9
12 No School	13	14	15	16
19	20	21	22 Bingo Night	23
26	27	28	29	30 Halloween Parade 1 PM