

MARCH 2024

# SCHOOL NURSE *Newsletter*



## Measles

As of February 22, 2024, [the CDC reports](#) a total of 35 measles cases were reported by 15 jurisdictions: Arizona, California, Florida, Georgia, Indiana, Louisiana, Maryland, Minnesota, Missouri, New Jersey, New York City, Ohio, Pennsylvania, Virginia, and Washington.

### What to look for:

Due to the recent cases, healthcare providers should be on alert for patients who have: (1) febrile rash illness and symptoms consistent with measles (e.g., cough, coryza, or conjunctivitis), and (2) have recently traveled abroad, especially to countries with ongoing measles outbreaks.

If health care workers suspect a patient has measles, the CDC states the patient should be isolated immediately for at least four days from when symptoms appear and local or state health departments should be notified. Contact us at 716-753-4491. The patient should then be tested, post-exposure prophylaxis should be provided to close contacts and all contacts who are not up to date on their measles vaccinations should be vaccinated.

### Data:

CDC reports over 61 million doses of measles-containing vaccine were postponed or missed from 2020 to 2022 due to COVID-19 related delays in supplementary immunization activities. This increases the risk of bigger outbreaks around the world, including the United States. [The WHO reports](#) over 30,000 measles cases by 40 of the Region's 53 Member (non-US) States between January and October 2023, compared to 941 cases reported in all of 2022.

### More info:

Outbreaks can occur due to an increase in the number of travelers who get measles abroad and bring it to the US and/or further spread of measles in the US communities with pockets of unvaccinated people.

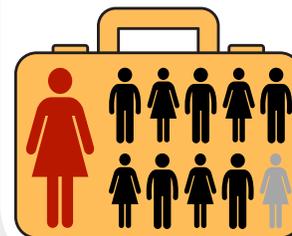
The CDC recommends all children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Children can receive the second dose earlier as long as it is at least 28 days after the first dose.

### CDC resources:

- [Symptoms & complications](#)
- [Information for healthcare providers](#)
- [Factsheet to share with parents and caregivers](#)

Thank you for your attention to this matter and please reach out to us with questions.

See page 3 for  
Printable Resources for Parents!



Around the world, including several states in the US are experiencing an increase in measles cases. Measles is highly contagious and spreads through the air when an infected person **coughs or sneezes**. It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

**2024  
SOLAR  
ECLIPSE**

Chautauqua County, NY

**APRIL 8TH  
3:15PM**



The total solar eclipse is taking place on April 8th and Chautauqua County is in a perfect location to view it. Students and all people should take measures to protect their eyes when looking at the Sun.

**Click to view and download** important Eclipse Safety Information including Eye Safety and where individuals can get FREE ISO certified eclipse viewing glasses. If your school or organization would like to order a large supply of glasses, email [glasses@chqgov.com](mailto:glasses@chqgov.com)

FREE  
ECLIPSE  
GLASSES  
AVAILABLE  
SOON!

# World

# TEEN MENTAL HEALTH

# 03/02 <<<<<< Day



Adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; exercising regularly; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Protective and supportive environments in the family, at school and in the wider community are important.

Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (*affecting readiness to seek help*), educational difficulties, risk-taking behaviors, physical ill-health and human rights violations.

Some mental health conditions can include:

- Emotional disorders (anxiety, depression)
- Behavioral disorders (ADHD)
- Eating Disorders (anorexia, bulimia)
- Psychosis
- Suicide & Self Harm
- Risk-taking Behaviors (substance use, sexual activity)

[Learn more](#)

Source: World Health Organization

Talk with child(ren) about mental health and be an active listener to them. Promotion & prevention are key in helping child(ren) strengthen their ability to regulate emotions and build resilience for managing difficult situations.

## Promoting Mental Health and Well-Being in Schools

### An Action Guide from the CDC for School and District Leaders

*Schools are prioritizing students' mental health, and there are many tools and resources to choose from. CDC created this action guide as a place to start. It can help school and district leaders build on what they are already doing to promote students' mental health and find new strategies to fill in gaps.*

*The action guide describes six in-school strategies that are proven to promote and support mental health and well-being. For each strategy, the guide also describes approaches, or specific ways to put the strategy into action, and examples of evidence-based policies, programs, and practices.*

#### **Six strategies:**

- Increase Students' Mental Health Literacy
- Promote Mindfulness
- Promote Social, Emotional, and Behavioral Learning
- Enhance Connectedness Among Students, Staff, and Families
- Provide Psychosocial Skills Training and Cognitive Behavioral Interventions
- Support Staff Well-Being

[Learn more](#)



U.S. Environmental Protection Agency  
Indoor Environments Division



## Indoor Air Quality Tools for Schools

### New Grant Funding to Address Indoor Air Pollution at Schools

Through the Inflation Reduction Act, EPA is now seeking applications for this new funding opportunity. Grantees will assist K-12 schools in low-income, disadvantaged, and/or Tribal communities in the development and adoption of comprehensive indoor air quality (IAQ) management plans to address air pollution and energy efficiency consistent with EPA's recommended best practices.

Nonprofit organizations, state governments, and other eligible entities with experience conducting national, regional, or multi-state IAQ programs that have achieved positive outcomes – especially with schools and Tribal entities – are encouraged to apply.

The total estimated funding for this competitive opportunity is **\$32,000,000**. EPA anticipates awarding four to six grants of \$5,000,000 to \$8,000,000 to support five years of IAQ activities. The application deadline is **March 19**.

[Learn more and apply](#)

## March is National NUTRITION MONTH

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

The Academy of Nutrition and Dietetics 2024 Nutrition Month theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – and even home food safety and storage practices. It also describes the various ways we eat – not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

Find new ways to go Beyond the Table to eat more healthfully anywhere – and with sustainability in mind! Families, schools, offices, communities and more... everyone is invited to celebrate food and its role in health and wellness.



[Learn more](#)

### Resources for Parents

- **Measles**
  - Travel: [English](#) [Spanish](#)
  - Things you should know: [Eng](#) [Span](#)
- **Eclipse** Safety-FREE Eclipse Glasses
  - [English](#) [Spanish](#)
- National **Nutrition** Month
  - [Smart Snacking for Kids](#)
  - [Coloring Sheet](#)
  - [Word Search](#)



*We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.*

 [LHDSchoolSupport@chqgov.com](mailto:LHDSchoolSupport@chqgov.com)

 716-753-4491



*Prevent. Promote. Protect.*