



# SCHOOL NURSE *Newsletter*

FEBRUARY 2025  
Volume 2 Issue 3

## Whooping Cough (Pertussis)

*In 2024, a total of 17* Whooping Cough cases were reported in Chautauqua County, primarily affecting school-aged children.

### What You Should Know

Whooping cough, also known as pertussis, is a very contagious respiratory illness. It may begin like a common cold, but unlike a cold, the coughing can last for week or months. Treating whooping cough early with antibiotics may make the infection less serious.

### TRENDS

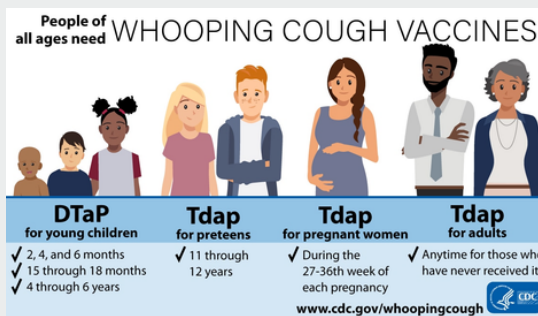
Whooping cough cases saw an increase throughout the United States in 2024 compared to the previous year. A common disease in the United States, there are peaks in reported cases of whooping cough every few years. According to the CDC, the country is beginning to return to pre-pandemic patterns where more than 10,000 cases are typically reported each year.

#### Reported Cases in Chautauqua County

| 2024 | 2023 | 2022 |
|------|------|------|
| 17   | 5    | 0    |

### PREVENTION

The best way to prevent whooping cough is to get vaccinated according to the recommendations for tetanus, diphtheria, and acellular pertussis (DTaP or Tdap). 2024-25 NYS school immunization requirements are that children receive 5 doses of DTaP by 6 years old and 1 dose of Tdap at age 11. The CDC recommends a Tdap vaccine for pregnant women, for adults who have never received the vaccine and as a booster every 10 years. Check with primary care providers the Chautauqua County Health Department or local pharmacies for vaccine availability.



### CDC and other resources:

- [Symptoms](#)
- [Treatment](#)
- [Vaccination](#)
- [Factsheet to share with parents and caregivers](#)



### Additional Information

## H5N1 "Bird Flu"

H5N1 "Bird Flu", is a virus that has been found in cows, poultry and other animals. People who work with infected animals or their by-products (ex. raw milk), such as dairy & poultry workers, may get sick from the virus. As of 1/31/25, there have been 67 confirmed human cases and 1 death across the U.S.

The CDC recommends flu vaccination for everyone aged 6 months and older and particularly for people who are at higher risk of serious complications from the flu. The CCHD has Free Flu Vaccines for Dairy & Poultry Farmworkers and their families. Vaccination appointments can be scheduled by calling 716-753-4491.

For more information and additional resources on the H5N1 virus, visit the [CDC's website](#).

The United Way has developed a Community Resource Guide for people in Chautauqua County to find solutions to their basic needs. Click to download, print and share.



[Community Resource Guide](#)



February  
is



# AMERICAN HEART month

## School programming

The Kids Heart Challenge and American Heart Challenge are service-learning based fundraising programs that give students the opportunity to feel good, while doing good.



Chautauqua Lake Elementary School has participated in the challenge for the past 3 years and has raised around \$9,000.00 each year.

CLCS Physical Education Teacher Cole Gleason, describes his students as excited and motivated when the Challenge is introduced each year. In class they talk about heart healthy physical activities along with other healthy tips for their heart. "Part of the program is teaching the students "Hands Only CPR". It is not required but it is available and I believe that's a staple of the program. Our elementary students have the opportunity to learn a potentially life-saving skill which is a big deal." Mr. Gleason also states that the American Heart Association has made the set up process as streamlined as possible for the school/teachers. 2nd grader Peyton, loves this challenge, "I like learning CPR so I can help people. We do fun games in gym and get cool prizes!"

Visit [here](#) for more information and how to get your school involved.

## Hit the Trails & Parks

We are very excited to announce that the Hit the Trails and Parks Kids Edition will be returning this spring! Piloted in 2024, Chautauqua Lake Central School and Sherman Central School students enjoyed touring Chautauqua County Trails while "stamping" their Passport Books. The 2025 Edition will include 11 participating schools with the addition of local park destinations.



Stay tuned for more information!

**American Heart Month** is celebrated every February in hopes to raise awareness about heart disease and encourage heart-healthy living. Living a heart-healthy lifestyle is essential across all ages. Teaching & encouraging youth to make healthy choices now, will help lay the foundation for lifelong well-being. The American Heart Association helps to empower youth through their many resources and programs.



Since 2006, the American Heart Association and the National Football League (NFL) have been working together to get kids physically active for 60 minutes a day. Together, they have helped millions of kids and their families improve their physical and mental wellness with fun resources, activities and experiences. Parents can help kids create activity plans, track fitness development and earn PLAY points. Teachers can bring interactive experiences into their classrooms with NFL Play 60 Fitness Break Broadcasts.

## NFL Play 60



American Heart Association.  
**Teaching Gardens**

The American Heart Association is inviting all schools to join their new Teaching Gardens Network. Their mission is to connect children to gardens, address food access concerns in local neighborhoods, and support health, nutrition, and environmental stewardship. By joining the Teaching Gardens Network, members have access to grant opportunities for funding their gardens, free gardening materials and resources, a digital gardening & nutrition education curriculum and Network certificates.

## Join the Teaching Gardens Network

[More Healthy Heart Info For ALL](#)

## Mobile Health Services

This past summer and fall, The CCHD's Mobile Health Vehicle could be seen all over the county participating in outreach events and providing monthly walk-in health clinics. Through these outreach and monthly events, we were able to provide over 50 blood pressure screenings, handed out over 400 outreach supplies and provided over 280 vaccines to both kids and adults. We would like to thank all the locations who allowed us to park at their sites and we look forward to starting the 2025 mobile season in May!

Stay tuned for the upcoming [2025 Calendar](#)! If you are interested in having the Mobile Health Vehicle make a stop at your school please reach out to us!

## Sexual Health

**Sexually Transmitted Infections (STI's)**, including **chlamydia**, **gonorrhea** and **syphilis** continue to be present within Chautauqua County and it is crucial to shed light on potential dangers associated with these and other STI's.

### Chlamydia:

- Causes damage to reproductive system
- Often has no symptoms
- 102 out of 353 total reported cases in 2024 were 11-19 year-olds

| Reported Cases in Chautauqua County<br>11-19 Year-Olds |      |      |
|--|------|------|
| 2024   | 2023 | 2022 |
| 102  | 126  | 113  |

### Gonorrhea:

- Causes an infection in the genitals, rectum, and throat
- Very common in young adults
- Often has no symptoms
- 15 out of 124 total reported cases in 2024 were 11-19 year-olds

| Reported Cases in Chautauqua County<br>11-19 Year-Olds |      |      |
|--|------|------|
| 2024   | 2023 | 2022 |
| 15   | 20   | 33   |

### Syphilis:

- Infection develops in stages with different signs & symptoms
- Early stages cause sores and a skin rash
- 32 total reported cases in 2024, all were >19 years old

Many STI's have no symptoms or may only cause mild symptoms. People can have an infection and not know it. That is why STI testing is important if sexually active. STI's can also cause serious health problems if not treated. Students in need of anonymous STI testing can go to The Chautauqua Center at either the Jamestown or Dunkirk locations.

[Learn more about STI's](#)

Promoting awareness about the significance of condom use and abstinence are key strategies in curbing the spread of STI's among teenagers. Comprehensive education will empower teens to make informed decisions about their sexual health and well-being.

[Is your school in need of condoms?  
Contact us today for free condoms](#)

## Public Health

# 2024

## Public Health Accomplishments

### Decline in Opioid Overdose Deaths

Overdoses, the leading cause of death of adults under age 60 in Chautauqua County, declined by more than half (52%) in a single year.

### Decrease in Sexually Transmitted Infections (STI's)

Chlamydia, gonorrhea and syphilis each saw a decrease in reported cases from 2023 to 2024.

### Mobile Health

2024 marked the first operational year for the county's mobile health vehicle. Over 250 people received services from our public health nurses on the unit.

### Community Lead Testing

The Health Department debuted lead testing clinics within the community and at in-house clinics.

### Farm Worker Flu Vaccine

Able to obtain and provide free vaccines for farm workers and their families to prevent severe illness.

### Hepatitis A Post-Exposure

Obtained and provided free Hep A vaccine to county residents as well Erie County (PA) residents after Cracker Barrel outbreak.

### Increased Breastfeeding Support

Enrolled over 50 moms in our lactation support program and made over 130 visits. Helped local businesses create and/or improve lactation facilities for their employees with Univera health & wellness award.

### Rabies Post-Exposure Treatment

Worked with local medical facilities to provide individuals exposed to rabies with wound care and vaccines.

### Solar Eclipse Preparedness

Worked closely with county officials and Emergency Services to ensure safety measures & preparedness and provided county residents with free ISO certified eclipse glasses.

### Improved Air Quality in Classrooms

Provided schools throughout the county with air purifiers and filters to improve air quality.



## NPPW is March 16-22, 2025

Poisoning is the leading cause of injury-related deaths in the United States. The best prevention of a poison emergency is to have Poison Help's contact information saved and on hand in case of accidental exposure.

**Spread Awareness:** America's Poison Centers have created a number of tools and social media resources in both English and Spanish to help you raise awareness and educate others about poison prevention and safety.

[View Resources Here](#)





# March is National NUTRITION MONTH

The foods and beverages that people consume have a profound impact on their health. Healthy eating habits and routines can benefit all individuals regardless of age, race, ethnicity, or current health status. A healthy diet improves heart health, reduces risk of chronic diseases, enhances energy levels, helps digestive health and supports a stronger immune system.



MyPlate, created by the U.S. Department of Agriculture (U.S.D.A.), is a great resource to ensure we are consuming a balanced diet. Healthy eating emphasizes fruits, vegetables, whole grains, dairy, and protein. [MyPlate.gov](https://www.myplate.gov) has fun and easy to use tools to help make a healthy eating plan for everyone in the household. Create personalized plans, get recipe tips & suggestions, set & track goals, and test your knowledge with food group quizzes!

Kids can have fun while learning too! Check out these interactive resources for kids!

[Fun resources](#)

## Diabetes Education

Diabetes is one of the most common chronic diseases in school-aged children. Schools have an important role to play in ensuring that students with diabetes have the support they need to stay healthy, enjoy the same opportunities for learning and having fun as their peers, and are prepared to do their best in school.



The American Diabetes Association (ADA), and their Safe at School program, is a great resource for school staff to understand and safely help manage student diabetes.

The ADA encourages use of these training resources and working in collaboration with students, their parents, and their diabetes providers. Find webinars, PowerPoint presentations, recommendations, case studies, virtual workshops, videos and more.

[Training Resources](#)

[Tips for School Nurses](#)

[Tips for Teachers](#)

More information, resources and NYS Guidelines regarding diabetes, can be found on the New York State Center for School Health's [website](#).



## CLICK TO SUBMIT TOPICS

Please tell us what topics or emerging issues you would like to see covered in future newsletters.

## Chautauqua County COMMUNITY HEALTH SURVEY

If you **live, work, or go to school in Chautauqua County**, we want to hear from you!



### TAKE THE SURVEY

You can help make a difference by answering questions about your experiences in Chautauqua County and your health concerns.



Scan code or visit [HealthyCHO.com](https://HealthyCHO.com)



### SHARE IT WITH FRIENDS AND FAMILY

The information collected in this survey will help develop programs and policies intended to improve the health of your community.



### ENTER TO WIN

After completing the survey you will be invited to enter a raffle to win 1 of 5 \$50 Tops gift cards.

This survey is available in English and Spanish by scanning the QR code above or visiting [HealthyCHO.com](https://HealthyCHO.com). For paper copies, or other assistance submitting your survey, please email [cchealth@chqgov.com](mailto:cchealth@chqgov.com) or call (716) 753-4491.



## PLEASE SHARE THE:

## QUICK TIPS *for parents*

In this issue, parents will receive tips on poison prevention, healthy eating habits for the whole family and Tapestry's Winter Wellness Toolkit!

[Download and Share](#)

*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