

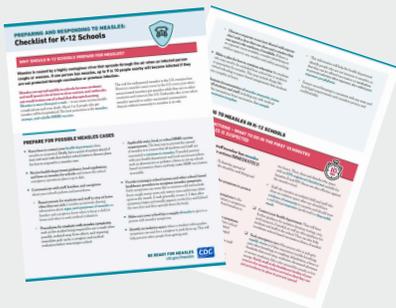


SCHOOL NURSE *Newsletter*

Measles

The risk for widespread measles in the U.S. remains low due to immunization and surveillance programs and outbreak response capacity. However, every year, measles cases occur in the U.S. due to unvaccinated travelers who get measles while they are in other countries. Anyone who is not protected against measles through vaccination is at risk.

The CDC has created a **Be Ready for Measles toolkit to deliver preparedness and outbreak response tools for schools.**



U.S. Cases in 2025



*data from the CDC

For the full year of 2025, the CDC reports a total of 2255 confirmed cases in the U.S. Among these, 2230 measles cases were reported by 45 jurisdictions while, 25 cases were reported among international visitors to the U.S. As of 1/26/26, 416 new cases for the year have been confirmed.

Age

- Under 5 years: 577 (26%)
- 5-19 years: 993 (44%)
- 20+ years: 670 (30%)
- Age Unknown: 15 (1%)

Vaccination Status

- Unvaccinated or Unknown: 93%
- One MMR dose: 3%
- Two MMR doses: 4%

Hospitalizations

11% of cases hospitalized (243 of 2255)

Percent of Age Group Hospitalized

- Under 5 years: 18% (106 of 577)
- 5-19 years: 6% (56 of 993)
- 20+ years: 12% (81 of 670)
- Age Unknown: 0% (0 of 15)



Lice Clinics of America offers a free partnership opportunity for school nurses and teachers, providing expert head lice education, screenings, and treatment services. At this time, these **free screening and treatment services are available only to school nurses and teachers**, not to students.

Students who are experiencing head lice may schedule an in-clinic appointment at the nearest Buffalo location. The clinic offers multiple treatment options, including their Signature AirAllé™ Treatment. Insurance reimbursement may be available, depending on the individual insurance plan.



liceclinicsupstateny.com

Smoking in Cars

Exposing passengers, both children and adults, to secondhand smoke in the confined space of a car is extremely hazardous. There is no safe level of exposure to secondhand smoke. The exposure is hazardous to everyone's health, but especially to children because their lungs are still developing.

When someone smokes in the small enclosed space of a car or other vehicle, people breathe toxic air at levels many times higher than what the EPA considers hazardous, even when a window is down. Additionally, the gases and particulates of tobacco smoke absorb into the upholstery and other surfaces inside a car, which is called thirdhand smoke. It then re-emits back into the air over time, which exposes passengers to toxins long after anyone actually smoked in the car.

There are currently no New York State laws that ban smoking in vehicles, though related legislation is pending in a Senate committee. Erie County, however, has its own local law that prohibits smoking in cars when children are present. This law makes it illegal to smoke tobacco or use e-cigarettes in any motor vehicle with a passenger under age 18, whether the car is parked or moving, and regardless of whether the windows are open or closed.



Secondhand smoke exposure in children increases the risk of:

- Sudden Infant Death Syndrome (SIDS)
- Inner ear problems
- Asthma attacks
- Respiratory infections

**STATE System Vehicles
Fact Sheet**

Sexual Health

Each year, nearly half of all new Sexually Transmitted Infections (STIs) are among young people aged 15-24. The most prevalent STI's in Chautauqua County continue to be **chlamydia**, **gonorrhea**, and **syphilis**.

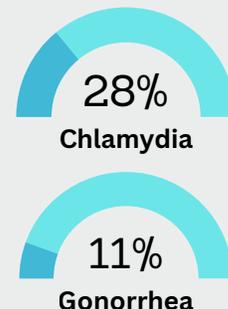
Chautauqua County Reported Cases from 2023-2025

Chlamydia 10-19 year-olds		
2025	2024	2023
85	97	121

Gonorrhea 10-19 year-olds		
2025	2024	2023
6	14	19

The proportion of youth in the county that account for STIs 2023-2025

Ages 10-19
Ages 25+



**Syphilis is on the rise in Chautauqua County, but only 1 reported case in the past 3 years has been <19 years.*

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 their Jamestown or Dunkirk locations.

STI Fast Facts

Among U.S. **high school students** surveyed in 2023:

- 32% have had sexual intercourse.
- 48% did not use a condom the last time they had sex.
- 7% of all students have been tested for HIV.
- 6% of all students have been tested for sexually transmitted diseases during the past year.

Source: [National Youth Risk Behavior Survey, 2023](#)

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](#)

PREVENTION WORKS

Prevention Works provides evidenced-based prevention and intervention services for youth and adolescents, addressing topics surrounding life skills, social skills, individual or family alcohol, tobacco/vaping, or other substance use.

Youth Programs Include:

- ▶ [Too Good for Drugs](#)
- ▶ [Life Skills Training](#)
- ▶ [Positive Action](#)
- ▶ [PAX Good Behavior Game](#)
- ▶ [Awareness Presentations](#)
- ▶ [Information and Referral](#)
- ▶ [Children in Addicted Home](#)
- ▶ [Teen Intervene](#)
- ▶ [SPORT](#)

For general question and inquiries, email info@preventionworks.us or call (716) 664-3608.

Falconer Office
Phone (716)
664-3608
[Location](#)

Dunkirk Office
Phone (716)
366-4623
[Location](#)

PREVENTION WORKS Don't miss Prevention Works 25th Annual Alcohol Awareness Month
Educate • Collaborate • Motivate **CREATIVE CONTEST**
ALL Chautauqua County students grades 3-12
Prevention Works wants to see your **awesome** art work!
Create a poster - or - a photo - or - a poem - or - a song which **communicates** your **emotions** and **ideas** in ways that **empower** others.

Winter Wellness Toolkit

Maintaining good mental health for kids during the winter is crucial. The combination of colder weather, and fewer daylight hours, can impact children's well-being. Chautauqua Tapestry has strategies to support winter mental health for kids.



Sensory Friendly Activities:

- ▶ [Surviving and Thriving Winter with Sensory Processing](#)
- ▶ [Snow Much Fun: Winter Sensory Activities to Enhance Child Development](#)

Mental Health Activities:

- ▶ [Helping Kids Survive and Thrive in Winter](#)
- ▶ [Seasonal Affective Disorder \(SAD\)](#)

Making Sense of Food COLORS

“Food dyes” and “food colors” are terms that are often used interchangeably, however, there are subtle differences. Food coloring is a broad category of natural or artificial substances that may be used to change the color of foods, while only synthetic coloring is referred to as food dyes.

- **Natural food colors:** usually made from things like plants and spices but also can be made from insects or algae.
- **Artificial food dyes:** made in a lab and are widely used and regulated. These may originate from petroleum sources, or they may be made through chemical reactions.

Are food dyes safe? Attention to food dyes has increased as some states move to restrict their use. While the FDA currently approves and regulates food dyes as safe within established limits, it banned Red No. 3 in January 2025 (to be removed from foods by 2027) and is encouraging voluntary removal of other synthetic dyes.

What are the health concerns? The main concerns about food dyes involve potential health effects, though long-term human research is limited. Studies have not conclusively shown that food dyes cause or worsen ADHD, but some parents report behavior changes in children; families who wish to limit dyes may benefit from guidance from a registered dietitian. Allergic reactions to food dyes are rare but possible, and while cancer risk has been studied mostly in animals at high doses, more research is needed to better understand potential long-term effects in humans.

Identifying food colorings

Food colorings are very common in the food supply. Eating small amounts of these food additives are unlikely to cause harm. However, if you want to avoid food colorings, look for the following terms: Artificial colors, natural colors, color added, and food color added.

Find out more 



Food Recalls



What is a food recall?

A food recall occurs when a product is taken off the market because there is reason to believe it could make people sick. Sometimes, government agencies may request or require a food recall, or other times, a manufacturer may decide to recall a product on its own (voluntary recall).

Food can be recalled for many reasons, including but not limited to:

- Discovery of organisms, including bacteria such as Listeria.
- Discovery of foreign objects, such as broken glass or metal.
- Discovery of a major allergen that does not appear on the product label.

What to do if recalled food was purchased or ate:

- Do not panic** Most food recalls are issued as a precaution, because there is potential for food to be contaminated.
- Do not eat the recalled food** Do not eat it, serve it to anyone else (including pets), or donate it, even if the food is recalled voluntarily or as a precautionary measure.
- Do not open the food** Bacteria or viruses that cause foodborne illness cannot be seen, smelled, or tasted. If you do open the food, wash hands and any surfaces that may have come in contact.
- Check the recall notice** The manufacturer will provide specific instructions in a recall notice. The recall notice will typically instruct consumers to return or dispose of the product, and provide further instructions if the food was consumed.

For more information on food recalls and safety, visit [foodsafety.gov](https://www.foodsafety.gov).



A FREE, FAMILY FRIENDLY CHALLENGE FOR CHAUTAUQUA COUNTY STUDENTS!

Join other schools, elementary students, and their families across Chautauqua County this spring for a fun outdoor adventure! The *Hit the Trails & Parks Program* encourages kids and families to stay active by exploring local parks & trails.

WHY JOIN?

- ✓ Encourages healthy habits, family time, and community connection.
- ✓ Earn Milestone Incentives for your school.
- ✓ It's FREE for all students and their families!

Last year, 8 schools joined in, with more than 130 students and their families completing the challenge!



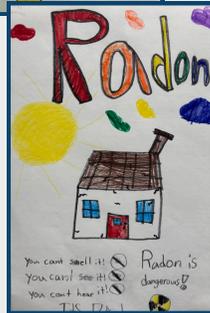
Sign your school up today!



Contact Us
716-753-4694

Collin Barmore, a Public Health Technician at the CCHD, recently visited an after-school elementary class at Chautauque Lake Central School to give a presentation on radon.

As part of the lesson, students were invited to create posters to help share what they learned about radon with others. CCHD staff voted on the submitted posters and here are the winners!



If your school is interested in a radon presentation, please reach out to the CCHD.

Chautauque County

2025-2030

Community Health

ASSESSMENT

Community Health

IMPROVEMENT PLAN

In conjunction with the New York State Department of Health's Prevention Agenda for 2025-2030, the Chautauque County Health Department, hospitals and community partners collaborated to complete the Chautauque County Community Health Assessment, Community Service Plans, and the Community Health Improvement Plan for 2025-2030.



The full Community Health Assessment and Community Health Improvement Plan can be found on Chautauque County's website at HealthyCHQ.com.

More information about the New York State Prevention Agenda (2025-2030) is available at HealthyNY.gov.



A student led and student created resource for the CHQ Community.



Vision and Mission

To grow a generation of kids who care deeply for their community, each other, and our future, leading with kindness, creativity, and responsibility.

KIDS CARE projects engage students in hands-on, real-world learning that fosters curiosity, problem-solving, and environmental stewardship. By connecting to local land, water, and community, children become resilient leaders prepared to care for our shared future.

Get your school involved!

CHQ KIDS CARE



CLICK TO SUBMIT TOPICS

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

PLEASE SHARE THE:

QUICK TIPS *for parents*

In this issue, parents will receive information on the dangers of smoking in cars, guidance on food recalls, and resources from Tapestry's Winter Toolkit for kids.

[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



[716-753-4491](tel:716-753-4491)