



MAY 2026

Volume 3 Issue 4

SCHOOL NURSE *Newsletter*



NATIONAL
**SCHOOL
NURSES DAY**
MAY 6

*A heartfelt
thanks for all
you do!*

Food Allergies

A food allergy occurs when the immune system mistakenly responds to food as if it were harmful. The body's immune response can be severe and life threatening.



An estimated 1 in 13 children (8%) are affected with food allergies.

People can be allergic to any food, but below are nine foods that cause the most food allergy reactions in the U.S.



Peanuts Tree Nuts Shellfish Milk Wheat Soy Sesame Eggs Fish

Three Important Things You Should Know:

1. **Even a trace amount of allergenic food can cause a serious reaction.** The only way to prevent a serious reaction is to avoid the food entirely.
2. **Not all reactions are the same.** A life-threatening reaction to a food can happen even if someone has never had a serious reaction before.
3. **Recognize the signs and symptoms of food allergy reactions.** Getting the food-allergic person treatment right away is more likely to keep a reaction from progressing or resulting in death.

For more information on food allergies along with resources for school staff, visit [FARE- Food Allergy Research & Education](#).



SPECIAL REPORT

The American Academy of Pediatrics has recently released a new clinic report: *Management of Food Allergy in Schools*. This clinic report updates and replaces a 2010 clinical report that addressed food allergy management in schools.

This report explains how schools and families can work together to keep children with food allergies safe during the school day. It stresses the importance of clear written allergy plans, quick access to epinephrine, and training school staff to recognize and respond to allergic reactions right away. The report also encourages schools to create safe, inclusive environments so children with food allergies can fully participate in school activities without feeling singled out or excluded.

Read the full report [here!](#)

MOBILE HEALTH

Mobile Health Clinics return in May! Check out our calendar for locations and dates of upcoming walk-in clinics held throughout the county.

View our Mobile Clinic calendar [HERE](#)



TICK TALK



As warmer weather approaches and outdoor activities become more enticing, it is essential to be mindful of the potential risks associated with ticks. These tiny creatures can carry diseases like Lyme disease. While it remains the most common tick-related disease in the county, New York State is also seeing an increase in other tick-borne illnesses, including Anaplasmosis, Babesiosis, Ehrlichiosis, and Alpha-gal syndrome. With the right knowledge and precautions, you can still enjoy nature safely.

Prevention tips:

- Wear long pants tucked into boots and long-sleeved shirts when outdoors.
- Use EPA registered tick and insect repellents effective for your activities.
- Do tick checks at the end of outdoor activities on yourself, and your outdoor companions.



Where to check for ticks:

EVERYWHERE! These are the most common areas, but be sure to do a full-body check!

- In and around hair
- In and around the ears
- Under the armpits
- Around the waist
- Inside the belly button
- Between the legs
- Back of the knees



Don't forget your pets!

Use a tick preventive product

Check pets for ticks daily

If you find a tick on your pet, remove it right away

Tick removal:

- Grasp the tick as close to the skin's surface as possible using clean fine-tipped tweezers.
- Pull tick away from the skin with steady, even pressure. Do not twist.
- Dispose of a live tick by placing it in a sealed container, flushing it down the toilet, or putting it in alcohol. **Do not** crush the tick with your fingers.
- After removing the tick, thoroughly clean the bite area and your hands with soap and water.



Any other tick removal method is not recommended.

Tick-borne diseases found in NYS:

Lyme disease- A bacterial infection spread to people through the bite of a deer tick.

Anaplasmosis- A bacterial infection caused by the bite of an infected blacklegged (deer) tick.

Babesiosis- A disease caused by various types of microscopic parasites from the bite of an infected blacklegged (deer) tick.

Ehrlichiosis- A bacterial infection caused by the bite of an infected lone star tick.

Alpha-gal syndrome (AGS)- A meat allergy caused by a Lone Star tick bite. The tick introduces sugar called alpha-gal, and your body may react the next time you eat red meat.

Watch tick video:



More info:



Sun Safety

Spending time in the sun has benefits, like providing Vitamin D, which supports strong bones and a healthy immune system. However, it's just as important to protect skin from the sun's harmful rays. Using sunscreen during outdoor activities is essential for keeping skin healthy and preventing long-term damage.

Skin is the body's largest organ, shielding muscles, bones, and organs, and helping regulate body temperature. Too much sun can lead to premature aging, reduce the body's ability to fight infection, and increase the risk of skin cancer.

This is especially critical for children—even one severe sunburn in childhood can double the risk of developing skin cancer later in life.

Getting kids on board with sun protection is crucial- but isn't always easy. Dermatologists at the Skin Cancer Foundation have shared their best practices to help make sun care a daily habit at every age.

Learn more here



Sun Safe Tips



APPLY SUNSCREEN



PUT ON A HAT



SEEK SHADE



WEAR SUNGLASSES



WEAR PROTECTIVE CLOTHING



BEACH CLOSURES DUE TO WATER QUALITY

Did you know? The Chautauqua County Health Department regularly monitors permitted bathing beaches for water quality issues, including elevated levels of E. coli and harmful algae blooms. If a concern is found, beaches may be temporarily closed until conditions are safe again. Keep in mind, beaches can also close for other reasons like severe weather or lifeguard shortages.

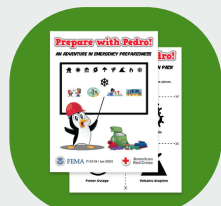
Click [here](#) to view current beach statuses before you go!

Emergencies and disasters can happen at any time, often without warning. Planning for how we prepare, respond, and recover needs to take into account the unique needs and abilities of children, who make up about a quarter of the U.S. population.

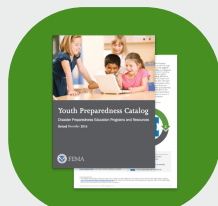


- ✓ **Children can be powerful influencers:** they often bring important preparedness messages home to their families.
- ✓ **Children can become leaders:** When children take part in youth preparedness programs, they build confidence and develop leadership skills at home, in school, and within their communities.
- ✓ **Children can be confident during an emergency:** When they know what to expect and what to do, they tend to feel less anxious and better prepared to handle real-life situations.

Readygov/kids.com is a great resource for disaster and emergency preparedness for students and families. The website offers:



GAMES



GENERAL PREPAREDNESS



COLORING PAGES



ACTIVITY BOOKS



Lead Rental Registry

The New York State Department of Health (NYSDOH) recently launched its nation-leading Lead Rental Registry Program, designed to better protect children from dangerous lead exposure in rental housing. Jamestown, New York (ZIP code 14701) is one of 25 communities of concern selected for the initiative.

The Lead Rental Registry Program creates a proactive, statewide system to identify and address lead hazards in rental housing—finding and fixing lead paint risks before children are exposed.



The law requires that:

- Residential rental properties built before 1980 with two or more units undergo inspections to verify they are free of lead hazards.
- Property owners must obtain a Lead Safety Certificate for all rented units.
- Identified hazards must be corrected using lead-safe work practices and completed promptly.
- Compliance will be monitored and enforced to ensure safer housing conditions.

Chautauqua County's older housing stock highlights the need for this initiative. More than 86% of homes in the 14701 ZIP code were built before 1970—well before lead paint was banned in 1978. These figures exceed state averages and underscore the urgency of taking proactive steps to reduce lead hazards.

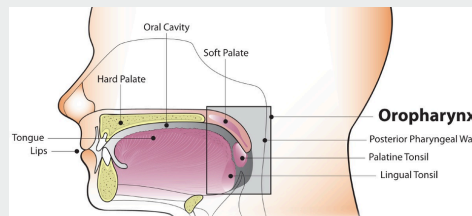
For more information about this program please visit HealthyCHQ.com or call 716-661-8088.



HPV and Oropharyngeal Cancer

Did you know that HPV is linked to more than just cervical cancer?

Human papillomavirus (HPV) is a very common virus that affects both males and females, and while it is often associated with cervical cancer, it can also lead to several other types of cancer, including cancers of the mouth and throat, known as oropharyngeal cancer. In fact, HPV is now one of the leading causes of oral cancers in the United States.



Oropharyngeal cancer develops in the oropharyngeal-back of the throat, including the base of the tongue and tonsils.

HPV-related oral and oropharyngeal cancers can be more difficult to detect than tobacco-related cancers because early symptoms are often subtle, painless, and not easily noticed by the individual or even by healthcare professionals.

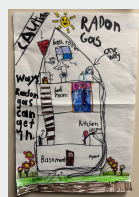
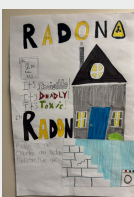
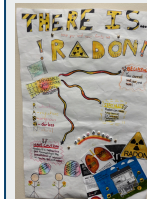
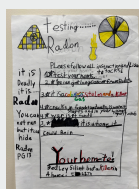
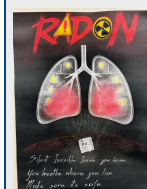
The good news is that HPV-related cancers are largely preventable through vaccination and awareness. The CDC recommends HPV vaccination for 11- to 12-year-olds. CDC also recommends HPV vaccination for everyone through age 26, if not vaccinated already.

HPV vaccination prevents new HPV infections but does not treat existing infections or diseases. This is why the HPV vaccine works best when given before any exposure to HPV.



Bemus Point Radon Posters

More outstanding radon awareness posters!
This time from students at Bemus Point Elementary!



If your school is interested in a radon presentation, please reach out to the [CCHD](http://CCHD.org).



Nicotine Pouches & Youth

Nicotine pouches are one of latest products the tobacco industry is using to attract new users and keep people, especially young people, addicted to tobacco products.

What are nicotine pouches?

Nicotine pouches are small, tobacco-free products placed between the gum and cheek, where they slowly release nicotine. Although intended for adults 21+ as an alternative to traditional tobacco, research shows that fewer than 1% of adults are using them, while youth interest is growing.

Why nicotine pouches appeal to youth:

- Flavored options (mint, fruit, candy-like flavors) make them more appealing
- Easy to hide—small, odorless, and discreet to use in school
- Perceived as “safer” because they are tobacco-free (but still contain nicotine)
- Social media influence from influencers promoting use
- Misleading claims about boosting energy, focus, or mood
- Peer use and pressure increasing curiosity and experimentation
- No smoke or vapor, making them less noticeable than cigarettes or vapes
- New and trendy product, which can attract teens looking to try something different

The long-term health effects are still unknown, but risks remain. Nicotine is highly addictive, and there have been cases of nicotine poisoning in children who accidentally ingest these products.

**LEARN
MORE**



Looking for a simple way to boost your health and enjoy the beauty of our community? Take advantage of the incredible trail system right here in Chautauqua County! From peaceful wooded paths to scenic lakeside routes, there's something for everyone—whether you're walking, biking, or just getting outside for some fresh air.

Exploring local trails is a great way to stay active, reduce stress, and spend time with family and friends. Not sure where to start? Visit [CHQ Trails](#) to find an interactive map of trails throughout the county. You can discover new routes, plan your next adventure, and make the most of all the natural beauty our area has to offer.



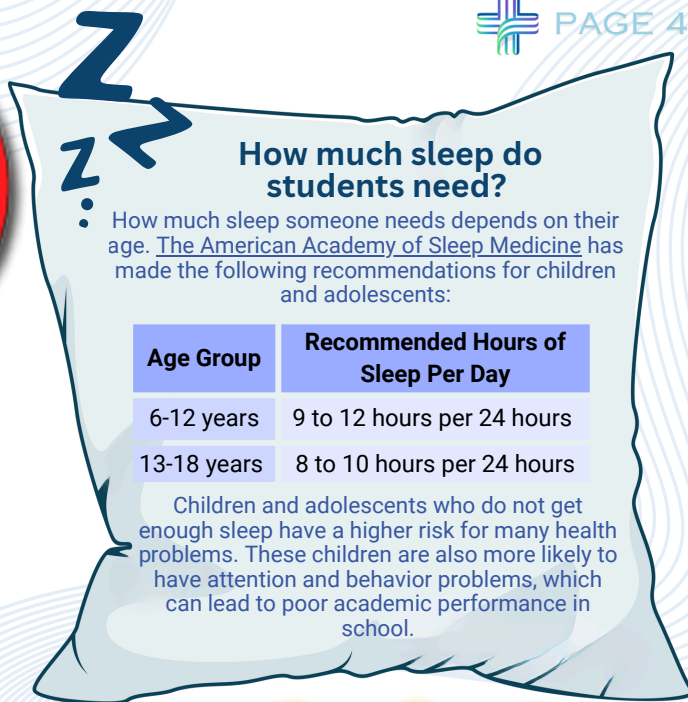
**Get out, get
moving,
and hit the
trails!**

CLICK TO SUBMIT TOPICS

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



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.

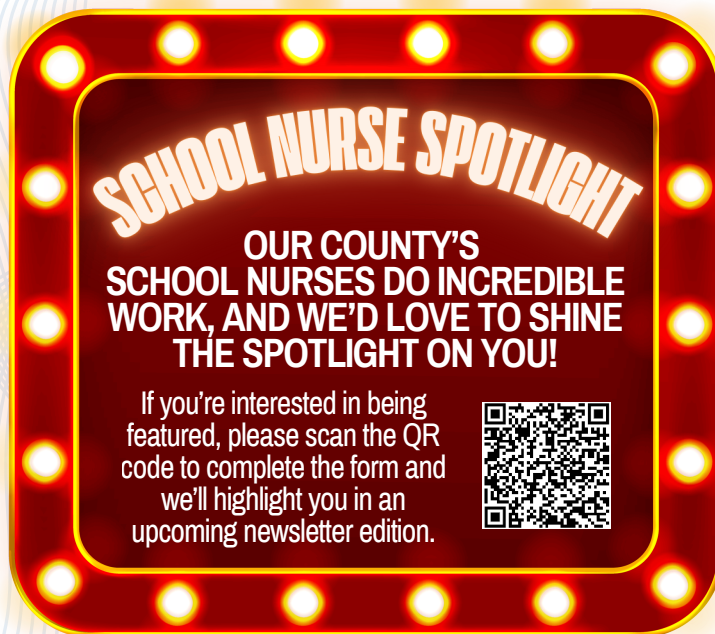


How much sleep do students need?

How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has made the following recommendations for children and adolescents:

Age Group	Recommended Hours of Sleep Per Day
6-12 years	9 to 12 hours per 24 hours
13-18 years	8 to 10 hours per 24 hours

Children and adolescents who do not get enough sleep have a higher risk for many health problems. These children are also more likely to have attention and behavior problems, which can lead to poor academic performance in school.



SCHOOL NURSE SPOTLIGHT

**OUR COUNTY'S
SCHOOL NURSES DO INCREDIBLE
WORK, AND WE'D LOVE TO SHINE
THE SPOTLIGHT ON YOU!**

If you're interested in being featured, please scan the QR code to complete the form and we'll highlight you in an upcoming newsletter edition.



PLEASE SHARE THE:

QUICK TIPS *for parents*

In this issue, parents will receive information on ticks and tickborne diseases, sun safety, and family emergency preparedness.

[Download
and Share](#)



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