



LINCOLN MEDICAL CENTRE NEWSLETTER

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Lice Advice

Head lice are tiny insects that live on the scalp of humans and spread easily in settings, such as a school.

To prevent head lice children not to share hats, combs, brushes, hair accessories or towels and teach children to avoid head-to-head contact.

Try to do head checks at home at least once a week, or more if there is an increase in itching. Adult lice will be grey-ish brown and roughly the size of a sesame seed while nits (lice eggs) will be attached to the hair shaft close to the scalp roughly the size of a grain of sand.

If your child does have lice, and no other health concerns, you may ask a pharmacist for guidance on which treatment is best.

Lice do not spread disease and having lice does not mean you are dirty.



Back to School: Hygiene Tips

It's that time of year again! Whether it's the first day of school or moving a grade up having so many children in the same place every day allows germs to easily spread from one child to another. Talking to your children how germs spread and teaching them the importance of good hygiene practices are crucial for preventing illness.

Here are a few of the best ways to prevent the spread of germs and promote health amongst school aged children:

Handwashing

Handwashing is one of the simplest and the most effective way to prevent the spread of germs.

Ensure handwashing before eating, after using the bathroom, after coughing or sneezing, and after playing outside, using proper technique to make sure every part of the hand is thoroughly cleansed.

If soap and water are unavailable small bottles of hand sanitizer may be used if hands are not visibly dirty. Sanitizer should be alcohol-based containing at least 60% alcohol to be effective and rubbed all over for at least 20 seconds or until dry. If using hand sanitizer make sure children know to avoid touching their eyes, nose or mouth with their hands until completely dry.



Nurse Notes:

With school starting back up this month please ensure your children are up-to-date on their vaccinations.

If you are unsure if your child is missing anything, please contact the vaccine program through Public Health to double check.

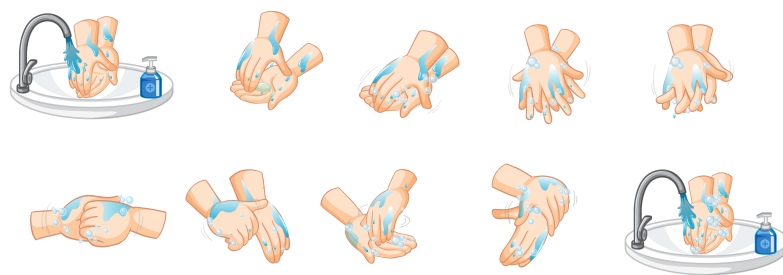
- Call 905-688-8248 or 1-888-505-6074 ext. 7425 Monday to Friday 8:30 a.m. to 4:15 p.m. to speak with a vaccine nurse.
- An online alternative to checking immunization records can be found at: nrph.icon.ehealthontario.ca

Students in Grade 7 will be offered the hepatitis B, human papillomavirus (HPV) and meningococcal vaccines in school through Public Health.

All parents and legal guardians are asked to complete the Grade 7 vaccination consent form online, this includes those wishing to opt out of vaccinations.

- <https://www.niagararegion.ca/health/vaccinations/children/school/default.aspx>

Handwashing 101



1. Wet hands with running water.
2. Apply enough soap to cover hands.
3. Rub hands together for at least 20 seconds, preferably as long as it takes to sing "Happy Birthday" twice.
 - * Ensure palms, back of hands, between fingers, thumbs, under nails and back of the wrists are not forgotten.
4. Rinse hands under running water.
5. Dry hands with a clean cloth or paper towel.
6. Use the paper towel to turn off the tap.

Cover Your Mouth When Coughing or Sneezing

Germs can travel through the air when sneezing or coughing. Encourage children to use a tissue or their elbow to cover their mouth and nose when they cough or sneeze. This helps limit germs spreading through the air. Remember to wash hands after.

Lunch Time

Make sure all foods are packed correctly keeping cold foods cold with ice packs and that hands are washed before eating to avoid stomach bugs. Teach your child that some items should not be shared with friends such as water bottles, food and utensils to avoid germs spread through saliva.

Healthy Sleep

While we may not think of it as part of hygiene a regular sleep routine is crucial for health and well-being. It allows our body to recover from the day, help with concentration, and overall mood. Create a consistent bedtime routine and avoid electronics well before bedtime to help calm things down. A bedtime routine should be started at least two weeks prior to school starting to get their bodies in a sleep rhythm.