From the Nurse’s Desk

HAND, FOOT, and MOUTH DISEASE

Hand, foot, and mouth disease (HFMD) is a common viral illness that affects mainly infants and children, however, it can affect people of any age. It is caused by several different viruses that belong to the enterovirus group. Reported cases of HFMD have been increasing in California and elsewhere. It is spread by contact with the infected person’s stool, nose and throat discharge, blister fluid, or saliva.

The first symptoms are usually fever, sore throat, loss of appetite, and feeling sick (malaise). One or two days after the fever begins, small red spots develop in the mouth on the inside of the cheek, gums, and tongue. The spots may turn into blisters. A skin rash may also develop on the hands, feet, and buttocks, and sometimes on the arms and legs. Not everyone with HFMD develops all of these symptoms. HFMD symptoms are usually mild and resolve on their own.

There is no specific treatment for HFMD. Children may return to school after being fever-free without medication for 24 hours and blisters are healed or scabbed and not draining or oozing. The best prevention is frequent hand washing for 20 seconds with soap and water.

FLU INFORMATION

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu illness can vary from mild to severe. It can be especially dangerous for young children, the elderly, and anyone who have chronic health conditions such as asthma, diabetes, and disorders that weaken the immune system.

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough or sneeze. Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea.

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Vaccine is recommended for everyone 6 months and older. A new flu vaccine is made each year to protect against the flu viruses that research indicates are most likely to cause illness during the next flu season.

Other preventative measures include covering coughs and sneezes in the crook of your elbow and teaching children to do the same. Wash your hands often with soap and water, scrubbing for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

For more information regarding the flu and hand, foot, and mouth disease, please visit the school district website at www.vacavilleusd.org

HEMLOCK AND ACE CAMPUS DRESS CODE

1. Clothing must not contain offensive language, illegal substances (i.e. tobacco/alcohol), or gang affiliation.
2. All undergarments must be covered.
3. Pants and shorts may not sag.
4. All shirts must have sleeves. No bare midriffs, spaghetti straps, halter tops or backless tops. Sleeves may not be worn off the shoulder.
5. Shorts or skirts must be no shorter than clenched fist length when student is standing with arms straight down to the sides.
6. All shoes must be a closed toe. Athletic shoes should be worn on P.E. days.
7. Hats may be worn outside. No bandanas will be brought or worn to school. Hoods are only allowed in rainy weather.
8. For safety reasons, wallet chains and long belts will not be worn to school.
9. No make up will be worn to elementary school

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A 7-week parenting class promises help for parents raising even the toughest kids including ADD and ADHD.

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Vacaville Police Department, 660 Merchant Street Vacaville Class meets in the EOC (2nd floor)

A No Nonsense Parenting Class.
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Award winning curriculum has helped thousands of parents.
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Contact Gary Stanoff MFT to register. Call 249-5223 or e-mail estanoff@cityofvacaville.com