

Health Services Department



February is **American Heart Month**, a time to raise awareness about **heart disease** and how to prevent it. According to the National Heart, Lung, and Blood Institute, Heart disease is the leading cause of death in the United States.

Welcome to the latest edition of the Health Services Department Newsletter! This month, we're bringing you exciting information and inspiration to support your Health & Wellness journey. Let's dive in!

SUSD Automated External Defibrillators (AEDs)

SUSD has a total of **81 AEDs** throughout the district in schools and at multiple other SUSD off-sites. These are readily available devices that can be used by staff to potentially save a student, teacher, or visitor experiencing an unexpected cardiac emergency on school grounds. AEDs are user friendly with clear instructions and voice prompts to operate them effectively



Vision Screens

Vision and Hearing screens are mandated by the Ca. Dept. of Education on an annual basis

- Vision Screenings are for students in grades K, 2, 5, and 8.
- Upon teacher and/or parent/guardian request



Possible Signs of Vision Issues

Appearance

- Eyes do not line up or look straight ahead— one appears to look inward toward nose, outward toward ear, upward toward forehead, or downward toward cheek
- Eyelid does not fully open (droopy)
- Recurring sty or bump (infection) on eyelid
- Both eyes jerk back and forth quickly from side to side

Behavior

- Rubs eyes often
- Squints eyes when trying to see things near or far away
- Tilts head or turns face when playing with a toy, trying to read, or trying to see something near or far away

- Brings toys or books close to his or her face
- Seems unusually clumsy - Bumps into things often or knocks things over

Complaints

- Dizziness, headaches, or nausea when doing near work
- Unable to see something other people can see
- Difficulty copying material from a whiteboard in the classroom

What Can You Do?

- Ask your school nurse to do a vision screening on your child
- Schedule an appointment with an eye doctor for a complete eye exam

UPCOMING EVENTS:

- **February 2nd** - National Wear Red Day
 - To bring greater attention to heart disease, wear red with us - NIH

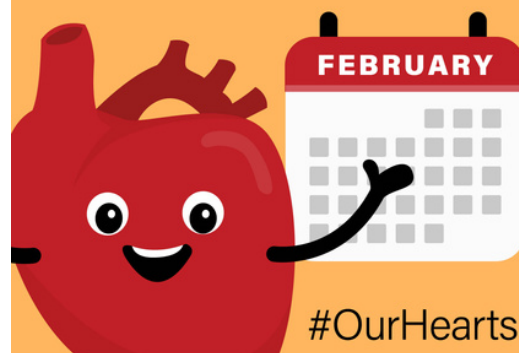
School Site Vision Screenings:

- 2/5/25 - Hoover
- 2/11/25 - San Joaquin
- 2/12/25 - Elmwood
- 2/13/25 - Harrison & Madison
- 2/19/25 - Fremont, Hazelton, Commodore Skills
- 2/21/25 - August
- 2/25/25 - Marshall
- 2/26/25 - Fillmore, Victory
- 2/27/25 - Washington
- 3/5/25 - Taft

Employee of the Month: December & January

We are proud to recognize **Phuong Tran, RN** as our Employee of the Month of **December** and **Erica Lo, LVN** for the month of **January**. For their outstanding work and dedication to our students and families, Thank you!

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Hand Washing & When to Keep Students Home

It is very important to teach children about handwashing to stay healthy. Germs can spread from person to person or surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects
- Prepare or eat food and drinks with unwashed hands



Steps for proper hand washing: (CDC, 2024)

1. Wet your hands, turn off the tap, and apply soap
2. Lather your hands by rubbing them together - including **backs of hands, between your fingers, and under your fingernails**
3. Scrub for **minimum of 20 seconds** - hum "Happy Birthday" twice
4. Rinse your hands well
5. Dry your hands with a clean towel or an air dryer

Education about handwashing with soap and water can help improve attendance

When to keep your children home from school:

- Fever of 100.4 Deg F (38 Deg C) or higher
 - Return when the fever went away over night and is gone in the AM without the use of medications such as Tylenol
- Vomiting - 2 or more times in 24hrs
- Diarrhea - if they are unlikely to make it to the toilet

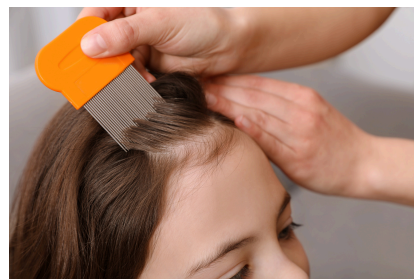


Residential households in the U.S. are now eligible to order four (4) **free** at-home COVID tests from the US Postal Service. Orders ship free. Please visit the Health Services Website for more details and the link to order through the following USPS website:

<https://special.usps.com/testkits>



Scan for Website



Head Lice

Check your child's head if you observe signs/symptoms of:

- **itching**
- **Small bumps on the scalp, neck and shoulders**
- **irritability**
- **Sleeplessness**
- **See lice and/or nits along the scalp or hairline.**

For more information, please visit the **Health Services website - Head Lice** page.

Hand washing steps



Wet your hands with clean, running water.



Apply soap and rub your hands together for at least 20 seconds.



Rinse your hands until all the soap is gone.



Turn off the faucet with a paper towel or your elbow.

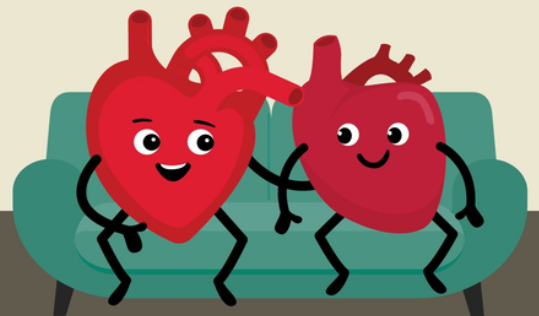


Dry your hands with a clean paper towel or hand towel.

Cleveland Clinic

More details about subjects mentioned in this newsletter can be found on the **SUSD Health Services Department Website**. Please scan the QR code on the bottom left corner of this newsletter.

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#OurHearts



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