

SCHOOL HEALTH E-NEWSLETTER

Te Kura Hauora Rorohiko Panui

Term 4 2017

Regional Public Health's School Health & Immunisation Group
Hutt Valley, Wellington, Porirua and Wairarapa regions. Please forward to all school staff.

Regional Public Health
Better Health For The Greater Wellington Region



Our aim is to support students with their health and improve their learning outcomes. We will inform you of 'hot health topics' and how to recognise evidence versus sensationalism!

> Being prepared in an emergency

Being prepared for an emergency can help protect your family and others in your community. The purpose of emergency preparation is to do as much as possible before an emergency happens. A good starting point is to develop an emergency plan for you and your family. Your family might not be together when an emergency happens, so it's important to create a plan that the entire family understands. Secondly, make sure you have adequate supplies of food and water.

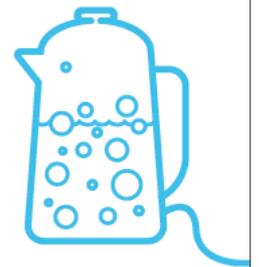
It's important to remember that we may need to be self-sufficient for at least seven days. In terms of water this means storing 20 litres per person per day - if you have a family of four, that's 560 litres. You may need to store more if you have unwell people or small children in your family. If the infrastructure has been affected the water from our taps may need to be treated to make it safe to drink.

HOW TO MAKE YOUR WATER SAFE

Your stored water may be unsafe to drink.

Boil your water before use, either: Bring the water to a rolling boil for one minute, or boil the kettle or jug until it switches off automatically.

If you can't boil your water, you'll need to disinfect it.



Drinking

For drinking, cooking and brushing teeth:

Ensure bleach is plain and unscented

(Don't use Janola as it contains detergents which makes it unsuitable for treating drinking water).

add
1/2
tsp
Bleach

TO

10
litres of
Water
(BUCKET)

add
5
drops
Bleach

TO

1
litre of
Water

There are simple steps you can take to make water safe in an emergency, including boiling and using bleach.

In a disaster, people want to help those in need. After a significant emergency, such as an earthquake, the community will naturally come together for company, to share their stories about their experience, find out information, offer assistance to those who need it, and look for assistance. Community Hubs (formerly known as Civil Defence Centres) are pre-identified places for the community to coordinate their efforts to help each other during and after a disaster. Community Hubs will be opened by people like you in your community, not official staff, when there is need for the community to help itself, such as when there has been widespread infrastructural damage to buildings and roads, or communication networks are down for extended periods. To find the location of your nearest Community Hub follow this [LINK](#).

> Hay fever

Spring is here with warmer weather and a chance to spend more time outdoors. For allergy sufferers, this also means an increase in moulds, pollens and bees which can lead to an increase in seasonal hayfever, eczema and asthma.

Being prepared:

- Be aware of children with allergies in your school by asking for this information from parents at enrolment.
- Inform your public health nurse if you have children with allergies. She can work with the parent or school to develop individual care plans for children with allergic reactions.
- Public health nurses can also provide asthma and anaphylaxis education to staff at schools.
- Remind parents that it is their responsibility to provide inhalers and check their expiry dates regularly.
- For children with chronic asthma, please ask parents to get an asthma plan from their health provider and provide a copy of this to the school.

It's a good time to check policies regarding medication administration in your school and update them as necessary to ensure safe practice.



> Immunisation

The School Based Immunisation Programme offers all students in Year 7 and 8 free immunisations at school to help protect them against various infections and diseases.

Year 7 students receive Boostrix vaccine, which contains tetanus, diphtheria and whooping cough, and as the name suggests is a booster to those immunisations your child received before starting school.

Year 8 students receive Gardasil/HPV (Human Papilloma Virus) which protects your child from 9 different viruses associated with some cancers, predominantly cervical cancer in women, and genital warts.

Each school enrolled in the programme is sent dates of when the education sessions and the immunisation clinics will occur. All schools are visited by a nurse, to show a video relating to the immunisation, and to answer any questions the students may have. They also give the students the relative consent form to have signed and brought back to school.

All consent forms must be returned to the school, whether or not you consent to the immunisation.

Parents have the choice as to whether they want their children to be immunised at school or if they prefer they can contact their general practitioner.

Approximately 75-80% of students are immunised by the School Based Programme in the Wellington region each year.

The team is comprised of registered nurses administering the immunisations to students. The nurses have many years of experience and knowledge of immunisation and are the experts in this area. If you have any queries please contact the team at **04 587 2949** or click on the following links for resources on **BOOSTRIX** and **HPV/GARDASIL**.

> Hand washing

Washing hands with soap, followed by thorough drying - an equally important step - helps reduce the spread of colds and other illnesses in children. This in turn reduces absenteeism from school.

Having warm water for hand washing encourages and supports children to wash their hands.

For more information, click [HERE](#).

> Barbecue food safety

Warm spring and summer temperatures and cooking food outdoors provide the ideal situation for pathogens to multiply and cause foodborne illness. This means we need to take special care when preparing, cooking and storing food for a barbecue.

When talking with families or having a barbecue at school, please emphasise the advice to **clean, cook, cover** and **chill**.

Safe barbecuing

- Make sure your barbecue and cooking tools have been cleaned with soap and water before using.
- Have separate utensils, plates and other equipment for raw and cooked foods – using just one set will mean you transfer pathogens from raw meats to cooked foods.

- Don't place or prepare raw meat on the grill next to cooked or partially cooked meat or other ready-to-eat foods.
- Precook chicken, sausages and minced meat, then barbecue until meat is steaming hot (over 75°C) all the way through.
- Turn food regularly so that it cooks evenly.
- Marinate meat in a covered container in the fridge and cook the marinade before pouring it over cooked foods.
- Keep all food covered and cool until ready to cook or eat.
- Throw out perishable food that you have left at room temperature for more than two hours.

Follow this [LINK](#) to download a booklet on food safety in the home.

> Skin care

With summer coming insect bites are often the starting point for a skin infection.

Early intervention with the "clean, cut and cover" message put in to action helps reduce skin infections.

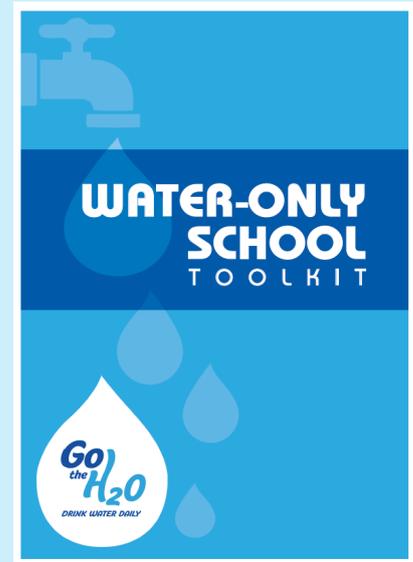
HEALTHY SKIN				
Keep skin clean	* Clean hands often	* Cut fingernails	* Cover sores and cuts with plaster	
				
Well child	Child with minor cut, sore or other skin condition	Child with minor skin infection	Child with skin infection that is getting worse	Child with serious skin infection
<ul style="list-style-type: none"> • Good food and nutrition is important for healthy skin • Keep skin clean • Check skin daily • Wear clean clothes • Wash hands with soap and water often • Wash sheets and towels regularly • Keep house clean inside and outside • Treat animals for fleas regularly 	<ul style="list-style-type: none"> • Wash hands with soap and water often • Clean and cover cuts and sores with plasters • Check cuts and sores on a daily basis • Cut and file fingernails • Care for other skin conditions e.g. eczema - use your creams and lotions • Use own sheets and towels • If you need help, ask the nurse or health worker 	<p>Even if the child appears well, see the doctor or nurse today if the sore or redness has any of the following:</p> <ul style="list-style-type: none"> • is near the eye • is the size of a 10c piece or bigger • has pus • warm to touch • is painful • is getting bigger • has red lines coming from it • is not getting better within 2 days <p>Child may or may not have a fever</p>	<ul style="list-style-type: none"> • See the doctor or nurse. Medicine (antibiotics) may be required • Get medicine from the pharmacy and start taking straight away • Take the full course of medicines (antibiotics) as prescribed • Don't share medicines with others • Supervise children taking medicine • Check skin daily • Go back to doctor if not getting better 	<p>Skin infections can spread very fast and the child can become unwell very quickly. It is important that you don't wait for the infection to get to this stage.</p> <ul style="list-style-type: none"> • Your child may appear very unwell • Will need to go to hospital • May need surgery <p>If the infection is left untreated, it can lead to serious and life threatening illness.</p>
<p>For skin infection information and resources visit www.rph.org.nz Produced by: Regional Public Health, Private Bag 31 907, Lower Hutt 5040, Ph 04 570 9002</p>				<p>Regional Public Health Better Health For The Greater Wellington Region</p> 

> Water-only schools

To help schools that have just started on their water-only journey, or who are wanting to embark on this journey, Regional Public Health, Healthy Families Lower Hutt, Healthy Futures, Bee Healthy Regional Dental Service, Ministry of Education and the Heart Foundation have developed a **Water-Only School Toolkit**.

The toolkit, along with a range of resources and communication tools, are available on the Regional Public Health website [HERE](#). You can also follow this [LINK](#) for contact details of organisations available to help your school with their journey to become water-only.

For information about water-only schools in the Wairarapa, please contact Judi Harding on (06) 377 9126.



> SunSmart

Each year we hear the message, "Be sun-wise - slip slop, slap and wrap". The summer of 2017/2018 is not a time to be complacent. We still need to be protecting our children and staff. New Zealand has the highest statistics internationally for melanoma. Over 4000 people are diagnosed each year, that's around 13 people each day. Skin cancer is the most common cancer in New Zealand, melanoma being the most dangerous. Sunburn at any age increases the risk of melanoma later in life. With UV radiation at it's highest between 10am - 4pm, which coincides with school hours, schools are in a key position to act as role models and put sun protection measures in place. You can find out more on the Melanoma New Zealand [WEBSITE](#).

Here are some other resources and useful websites to refer to:

- www.sunsmart.org.nz
- www.sunsmartschools.org.nz

Two infographics about sun protection. The first, 'Be SunSmart', lists five steps: Slip on a shirt, Slip into the shade, Slop on sunscreen, Slap on a hat, and Wrap on sunglasses. The second, 'Being SunSmart', shows a woman wearing a wide-brimmed hat, sunglasses, and sunscreen, with arrows indicating protection for the face, ears, neck, arm, and leg. It specifies 'half a teaspoon of sunscreen to: face, ears, neck' and '1 teaspoon of sunscreen to each: arm, leg'. Logos for SunSmart, sunsmart.org.nz, and the health promotion agency are at the bottom.

If you need to contact a Public Health Nurse:

General Enquiries - Regional Public Health: 04 570 9002

Wellington, Porirua and Kapiti schools: Robyn Kelly 04 587 2912

Hutt schools - Vision and Hearing Technicians: Rukhsana Ali 04 570 9182

Wairarapa Vision and Hearing Technicians, ECCs, Schools and Immunisation Team: Tessa-Jane Dennes 06 377 9112

Wellington, Hutt and Kapiti Immunisation Teams: Maureen Stringer 04 587 2951

We encourage you to continue sharing this newsletter with as many people at your school as possible.