

the

School Nurse News

Is It Strep Throat or Just a Sore Throat?

Most sore throats are caused by viruses. If you have a runny nose, cough, hoarseness, and red or runny eyes, it's probably a virus and will clear up on its own.

Strep throat is different. Signs that you may have strep throat include:

- red and white patches in the throat
- trouble swallowing
- tender, swollen glands on the sides of your neck
- red, big tonsils
- headache
- stomach pain
- fever
- feeling weak or sick
- loss of appetite and nausea
- rash

If you have any of these symptoms, it's definitely time to see your doctor.

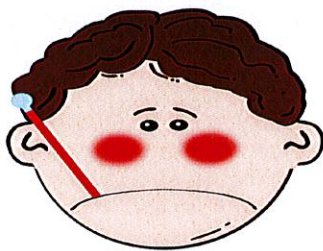
www.kidshealth.org



Winter Tips

1. **Stay healthy! Wash your hands often to prevent spreading germs!**
2. **Stay active! Even in cold weather it is good to get outside! Walk, run, and play outside, but be safe!**
3. **Dress warmly for the cold weather! Wear a toboggan, gloves, scarf, and a warm coat when outdoors!**
4. **Take frequent breaks indoors to warm up, remove wet clothing, and get dry to prevent frostbite!**

February is National Children's Dental Health Month



Avoid cavities with a balanced diet, limiting snacks, brushing & flossing each day, & regular dental check ups

If you need help finding a dentist for your child or have insurance questions, ask your school nurse

