



Nurse's Notes-Spring 2024

Happy (almost) spring! While it is starting to feel like spring, we are definitely still seeing winter illnesses.

Pink Eye:

Schools in our area, including our own, have been seeing unusually high numbers of students with Pink Eye. Please remember that if your child is diagnosed with bacterial pink eye they do need to complete **24 hours** of their medication prior to returning to school.

Symptoms of Pink Eye:

- Redness or swelling
- Watery eyes
- A gritty feel
- Itchiness, irritation, or burning
- Discharge
- Crusting of eyelids or eyelashes

Preventing Pink Eye at school:

- Wash your hands often with soap and water
- Avoid touching or rubbing your eyes
- Keep your child home if they are having symptoms of Pink Eye, and have them evaluated

Respiratory Illnesses:

Last week the [CDC released new recommendations](#) regarding respiratory illnesses (including influenza and COVID):

HELP PROTECT YOURSELF FROM GETTING & SPREADING **PINK EYE** (CONJUNCTIVITIS)

PINK EYE IS OFTEN HIGHLY CONTAGIOUS.

IT CAN BE CAUSED BY

- ⦿ Viruses (very contagious)
- ⦿ Bacteria (very contagious)
- ⦿ Allergens, like pollen (not contagious)
- ⦿ Irritants, like smoke or dust (not contagious)

Healthy Eye Infected Eye

SYMPTOMS USUALLY INCLUDE:

- ⦿ Redness or swelling
- ⦿ Watery eyes
- ⦿ A gritty feel
- ⦿ Itchiness, irritation, or burning
- ⦿ Discharge
- ⦿ Crusting of the eyelids or eyelashes

⦿ Eye pain

⦿ Sensitivity to light or blurred vision

⦿ Intense eye redness

⦿ Symptoms that get worse or don't improve

⦿ A weakened immune system, for example from HIV or cancer treatment

⦿ Pre-existing eye conditions

⦿ Newborns with symptoms of pink eye should see a doctor right away.

SEE A DOCTOR IF YOU HAVE PINK EYE ALONG WITH ANY OF THE FOLLOWING:

A doctor can usually diagnose the cause of pink eye based on symptoms and patient history.

PROTECT YOURSELF AND OTHERS FROM PINK EYE

- ⦿ Wash your hands often with soap and water, and help young children do the same. Wash hands especially well after touching someone with pink eye or their personal items.
- ⦿ Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- ⦿ Avoid sharing personal items, such as makeup, eye drops, towels, bedding, contact lenses and containers, and eyeglasses.
- ⦿ Do not use the same eye products for your infected and non-infected eyes.
- ⦿ Stop wearing contact lenses until your eye doctor says it's okay.
- ⦿ Clean, store, and replace your contact lenses as instructed by your eye doctor.

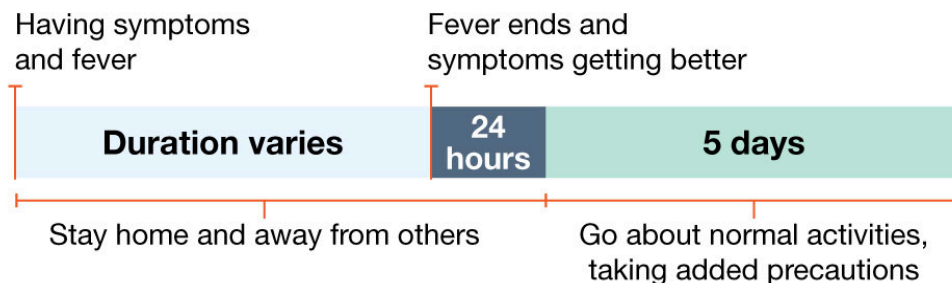
WWW.CDC.GOV/PINKEYE

If you catch a virus with respiratory symptoms:

- **Step 1:** stay at home until 24 hours after your symptoms have started improving **AND** you have not had a fever (and are not using fever reducing medication)
- **Step 2:** resume normal activities, and use added prevention strategies over the next 5 days (such as masking, enhancing hygiene practices, keeping a distance from others, getting tested for other respiratory viruses)

Preventions strategies:

- Stay up to date with [immunizations](#)
- Practice good [hygiene](#) (practices that improve cleanliness)
- Take [steps for cleaner air](#)
- When you may have a respiratory virus:
 - Use [precautions to prevent spread](#)
 - Seek health care promptly for testing and/or treatment if you have [risk factors for severe illness](#); [treatment](#) may help lower your risk of severe illness



If you have any questions or concerns please email me at mcain@foxbay.org or call (414)247-4226.

Sincerely,
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