



Newsletter

Hello Bobcat family!

I am so excited to be the school nurse at Jordahl this year. I've already gotten to speak with and/or meet many of you. I look forward to meeting many more of the bobcat family as the year goes on. Please lookout for a monthly update from me in the bobcat bulletin as well as monthly updates and health information on the school website. This is where I will keep our families updated on the most current health concerns and health information.

COVID Updates: We are still seeing COVID cases in the state of Colorado as well as in our community. Please continue to notify the school if your student or family member has tested positive for COVID. The CDC has recently approved a new booster dose of the COVID vaccine that includes coverage for the Omicron variant. Everyone 12 and older can get this booster as long as their last booster, or original series, was at least 2 months ago and it has been approximately 3 months since their last COVID infection. If you or your family members are interested in receiving the COVID vaccine or the booster, you can visit <https://www.elpasocountyhealth.org/how-can-i-get-a-vaccine>

In the News: Flu season officially started October 2. Colorado is seeing a higher rate of respiratory illness than has been seen in the past few years. The rates of RSV are especially high this year and the season has started earlier than normal. RSV usually presents as a common cold, but can cause severe symptoms for young children, older adults, or immunocompromised individuals. Other illnesses currently circulating are influenza, enterovirus, norovirus and rhinovirus. Vaccinations, frequent hand washing, and staying home when ill are the best ways to prevent the spread of illness. Contact your doctor, local pharmacy, or the health department to inquire about flu shots.

Let's Talk Health! Every month I will highlight a diagnosis that we might see in our pediatric population. If you have a diagnosis you would like to know more about, please email me and I might be able to cover it in my newsletter!

This month's topic is Food Allergies. A food allergy is when the body has an immune reaction in response to eating a certain food. Even a tiny amount of the allergy-causing food can trigger a reaction. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis. Anaphylaxis, also referred to as anaphylactic shock, is a sudden, severe and life-threatening allergic reaction that involves the whole body. It can lead to constriction of the airways causing difficulty breathing. Swelling of the throat may block the airway and may even result in death if not treated quickly. Epinephrine is the first and most important treatment for anaphylaxis. If available, it should be administered as soon as possible. Antihistamines are often given for mild reactions that do not progress to anaphylaxis.

About 1 in 13 children are diagnosed with food allergies. They affect an estimated 32 million people in the U.S. A little over 4% of students at Jordahl are diagnosed with a food allergy. While there's no cure, some children outgrow their food allergies as they get older. The most common plan of care for students with food allergies is strict avoidance of their allergens and having epinephrine available. In January 2020 the FDA approved the first medication used for oral therapy for peanuts. This type of therapy, referred to as OIT (oral immunotherapy), can be done with many types of allergens. The goal of OIT is to re-train the immune system to tolerate food proteins/allergens through regular eating of small amounts of the food. A great place to find more information about food allergies is www.foodallergy.org