

Saint David's Health News

Dear Parents,

This has been such an exciting and rewarding school year!

I am sad to say that these next two weeks will be my last here at Saint David's. My husband and I are moving to Atlanta, Georgia this summer to be closer to family and hopefully start a family of our own. I have enjoyed every day that I have been here with the Saint David's community. It has not only been rewarding professionally, but I have made many friends that I will miss dearly. I will especially miss the children who provided me with wonderful tales and made me laugh each time they came to visit. You as parents have made my job easy by taking such wonderful care of your children.

I wish you all a healthy and safe summer and many years of happiness here at Saint David's.

Mrs. Schumacher

THE EMERGENCY ROOM: WHEN TO GO AND WHAT TO EXPECT

www.kidshealth.org

When your child is sick or injured, going to the emergency room may be your first thought knowing that your son can get care at any time on any day. However, not all situations warrant a visit to the ER. Some illnesses and injuries can be taken care of at an urgent care center or by your son's pediatrician. When the illness or injury is in fact an emergency, you must be prepared with pertinent information and for what to expect in the ER.

<p>Is it a medical emergency?</p> <p>Dial 911 to get an ambulance instead of taking your child to the ER yourself.</p>	<ul style="list-style-type: none"> • Your child is having trouble breathing or talking and is turning blue. • There has been a car accident and your child is unconscious or seriously wounded. • Your child is having a seizure that lasts more than 5 minutes. • You suspect that your child has overdosed on a medication. • Your child has a stiff or painful neck immediately following a neck injury.
<p>Is it a true emergency?</p> <p>Take your child to the ER right away.</p>	<ul style="list-style-type: none"> • Your child is having some difficulty breathing, such as rapid or labored breathing. • Your child has a change in mental status by becoming disoriented, confused, unusually sleepy, or not making sense. • Your child has a cut that will not stop bleeding. • Your child has a stiff neck with a fever. • Your child has a rapid heartbeat that will not slow down. • Your child accidentally ingested a poisonous substance or medication. • Your child has a fever with a rapidly spreading rash.
<p>Preparing to go to the ER</p>	<ul style="list-style-type: none"> • Know your child's medical history. You may know it by heart, but having it written down will help in an emergency. • The medical history should include medications your child is taking, allergies, history of previous hospitalizations, any previous surgeries, illness, and relevant family history. • If your child's illness or injury is not life threatening, then you may have to wait a while to be seen. Consider bringing books, crayons, coloring books, or toys.
<p>What to expect in the ER</p>	<ul style="list-style-type: none"> • Your child will be assessed by a nurse. He/She will ask about his symptoms, check his vital signs, and make a quick assessment. This is called triage. It will help determine when your child will be seen by a doctor. • Your child will then be called into an exam room where he will be seen by a doctor. If the hospital is a teaching hospital, a hospital associated with a medical school, your son will most likely be assessed by many doctors. A resident is a doctor-in-training who has an MD that is training in a specialty. The attending doctor is the supervising doctor. • Make sure to write down important information from the visit for

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STAYING HEALTHY WHEN TRAVELING INTERNATIONALLY

www.mayoclinic.com

While traveling anywhere can be exciting, traveling internationally will most likely be amazing! Visiting major cities, remote locales, and everything in between can provide unforgettable memories. It can also pose risks to your health depending on where you are traveling. Below are a few practical steps to take to ensure you and your family will remain healthy while seeing the wonders of the world!

Plan Ahead	Learn about vaccinations	<ul style="list-style-type: none"> • Visit the websites for the Centers for Disease Control (CDC) and the World Health Organization (WHO). You can learn which vaccinations are recommended or mandatory for the countries you plan to visit. • Start researching vaccines at least 6 weeks ahead of your planned travel time as it takes time for the body to develop immunity to certain diseases once the vaccine is administered. Also, more than one dose of the vaccine may need to be administered. • Certain malaria drugs need to be started 2 weeks before you travel. • Keep in mind that no vaccines exist for some life-threatening infections, such as HIV/AIDS and malaria. • Make sure all of your routine immunizations, such as tetanus, polio, flu, and measles, mumps, and rubella, are updated. These diseases are still threats in some part of the world.
	Have vaccines verified	<ul style="list-style-type: none"> • Make sure to get an immunization certificate standardized by the WHO. • If you are allergic to any mandated vaccines, get a medical waiver from your doctor.
	Take a summary of your medical history	<ul style="list-style-type: none"> • Make several copies of an abbreviated version of your medical record. • Keep the copies with you in case of emergency and the information is needed by the physicians treating you.
Be Prepared	Check your health insurance policy	<ul style="list-style-type: none"> • Find out ahead of time how your insurance handles medical care abroad. • Do they cover medical evacuation back to the US? • Purchasing a supplemental policy that guarantees medical payments and transfers may be worth considering.
	Know where to go	<ul style="list-style-type: none"> • Bring a list of recommended hospitals. • This information is available from the International Association for Medical Assistance to Travelers.
	Extra Medication	Bring an extra prescription of your medication just in case your current medication is lost or stolen.
	First Aid Kit	Include pain relievers, antibiotic ointment, anti-diarrheal medication and bandages.
	Hand Wipes and Hand Sanitizers	When soap and water are not available, hand wipes or hand sanitizers kill up to 98% of bacteria.

SUMMER SAFETY REMINDERS

www.redcross.org
www.mayoclinic.com

Water Safety

- Never allow your child to swim alone or play by or in the water away from the watchful eye of an adult.
- Keep a safety ring with a rope beside the pool at all times.
- Make sure the water is clean. It should be free of leaves, dead insects, and other debris.

Sun Safety

- Limiting the time your children receive direct sunlight between the hours of 10:00am and 4:00pm will decrease their susceptibility to sunburn.
- Children especially should always wear sunscreen with a sun protection rating of at least 15.
- The higher the rating, the more protection your skin receives.

Bicycle Helmet Safety

- Buy helmets that meet or exceed the safety standards developed by the Consumer Products Safety Commission.
- Wear your helmet flat atop your head, not tilted back at an angle or pulled low over your forehead. Be sure to keep the chin strap buckled while riding.
- Throw out your helmet after it has been in an accident. Even if it looks undamaged, the force of a blow can easily render it useless.
- Remove the helmet before climbing on playground equipment or trees, as the helmet and chin strap can snag and cause choking.