

Dear Parents/Guardians,

**Spring is in the air!** Thank you for continuing to partner with Christian Heritage School to keep your students safe and healthy. Please see below for some friendly reminders from the Health Office.

- **Grades 3, 6, and 9:** Please submit a physical exam, completed between June 1, 2021 and June 1, 2022, so that your child may continue to attend school. This is a state requirement.
- **Spring critters:** Please see information below regarding ticks and lice

**Thankfully the covid restrictions have loosened, but we are continuing to see some cases. We will continue to monitor for cases at CHS and follow isolation/quarantine guidelines.**

Please ensure to report all sick calls to the Health Office via phone or email: [mjolson@kingsmen.org](mailto:mjolson@kingsmen.org) 203-590-6003

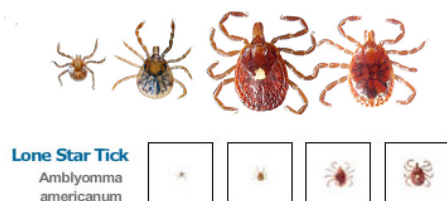
Keep in mind that students cannot be in school with any symptom that could possibly be Covid-19. These symptoms include:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste of smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Stomachache

\*\*\*Please keep your student home with any symptoms of illness and have them tested for Covid-19 even if they are only experiencing one symptom!\*\*\* WE HAVE TEST KITS FOR YOU IF NEEDED

**- For positive covid cases, please utilize the following link to report the case and notify the health office: Self-Reporting Form for an Individual Diagnosed / Exposed to COVID-19 (veoci.com)**

## TICKS CAN BE TINY!



## SPRING IS HERE!

Just a few things to keep in mind with the warmer weather.

Ticks come with the nice spring days...

The warm temperatures we have been enjoying recently is a reminder that the tick season is here. Ticks wait for months, clinging to a blade of grass, just waiting to grab onto your pet who will transport them into your house, your furniture, your carpet. This increases the chance that they will make their way onto you!

You won't feel anything when a tick first bites you. You won't even notice when a tick is feeding. After a tick bites you, it can release spirochetes. If the infected tick remains on your body for more than 1 or 2 days, there is a small chance that you may develop Lyme Disease, a tick borne illness.

A doctor can tell you for sure if you have Lyme Disease. The most common symptoms are feeling tired, achy, chills, headache, and a red circular rash. It's important to see a doctor if you think you have Lyme Disease. A doctor will prescribe medication to kill the spirochetes.

You can fight the bite. If you plan on hiking in the woods, wear a long sleeved shirt, long pants and tuck those pants into your socks. June and July are the worst months for ticks, but you can be bitten from April to October. Using an insect repellent can help too.

Spring sports are here. Tick checks are important for everyone who has been playing outside these days. Check the places these critters like to hide - armpits, belly buttons, behind your ears, behind your knees, and on your head.

**If you do find a tick, grab the head of the tick with tweezers and pull it out slowly and firmly. Clean the area with soap and water or alcohol.**

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*Make sure you take a bath or shower after being outside. This helps wash crawling ticks off and makes it easier to find them. Jumping into a pool won't help. Ticks can hide in bathing suits and they don't drown easily.*

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<https://www.nasn.org/blogs/jane-ferrara/2018/05/11/physically-fit-fridays-lyme-after-lyme>