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School Nurse Update

#9 12/12/17

IN THIS ISSUE

Since the last Update I attended DPI's *Building the Heart of Successful Schools* conference. This is a conference I strongly encourage school nurses to ask to attend, specifically as part of their Student Services Team. Next year I will place more emphasis on promoting attendance now that I know what a meaningful conference this can be for school nurses. The conference is generally held the first week of December.

Also, since the last Update I've had the pleasure of meeting with a representative of the NEOLA policy development company. NEOLA assists many school districts in Wisconsin with their school board policies, including health related policies. As I pointed out to the representative, Wisconsin state law requires input in school health policies from a Registered Nurse licensed in Wisconsin. **If you have any concerns regarding providing input into the NEOLA or other health policies your district uses please contact me** as I may offer some guidance.

School nurses may want to be aware that **proposed legislation** is circulating regarding the provision of **feminine hygiene products in state and local buildings and school buildings**. [Please click here to view a copy of the proposed legislation](#) See information regarding a menstruation equity campaign further in this Update.

Last Friday I attended the Wisconsin Council on Immunization Practices. I learned that since the end of November there has been a **sharp spike in the number of influenza cases**. Most cases are caused by **Influenza A (H3N2)**. So far only 28.06% of the Wisconsin population has been vaccinated, Healthy People 2020 goal is 70% to obtain herd immunity. Influenza vaccines have traditionally been less effective against H3N2 viruses (33% effectiveness), therefore the reason more individuals may contract this form of influenza. One of the **reasons for this ineffectiveness is that genetic changes occur when influenza vaccines are grown in eggs**, which is required for most U.S. flu vaccines. Click for link to [Wisconsin Weekly Immunization Report](#).

This will be the only DPI School Nurse Update for the month of December. Update #10 will be sent out January 9, 2018. May you all have restful Winter Breaks! Happy Holidays!

- Flu e-Toolkit
- Concussion Management Survey
- Teen Use of E-Cigarettes
- Special Education Forms in Spanish
- Mumps on College Campuses
- NIH Home Allergen Study
- Menstrual Equity Campaign
- Webinar on Popular Diets
- New Resources
- Practice Points- Bed bugs



SAVE THE DATE

WASN Conference April 18-20, 2018

HEALTHCARE PROFESSIONAL FLU E-TOOLKIT

Families Fighting Flu (FFF) recently launched a Healthcare Professional (HCP) e-Toolkit, developed with the National Association of Pediatric Nurse Practitioners and HealthyWomen. This e-Toolkit aims to educate and arm HCPs with the necessary tools and resources that they need to increase annual flu vaccination rates. The e-Toolkit is available on the [FFF website](#) and it is a great complement to the NASN [Keep Flu out of School materials](#).



Concussion Management - How You Can help!

The NYU Concussion Center asks for 10 minutes of your time to learn about school nurses' knowledge and comfort regarding concussion management. Completing the survey will help researchers develop information and tools to assist school nurses' to properly manage children with concussion. No personally identifiable information will be collected. If you have questions or want more information about the study, contact Mara Sproul at 646-501-7966. Click [NYU Concussion Center School Nursing Survey](#) for more information and to participate

TEEN USE OF E-CIGARETTES INCREASE RISK OF TRADITIONAL CIGARETTE

From the American Academy of Pediatrics...

The use of e-cigarettes among high school students served as a significant predictor that they would subsequently smoke traditional cigarettes, according to a study published in the January 2018 issue of Pediatrics.

[Read more](#)

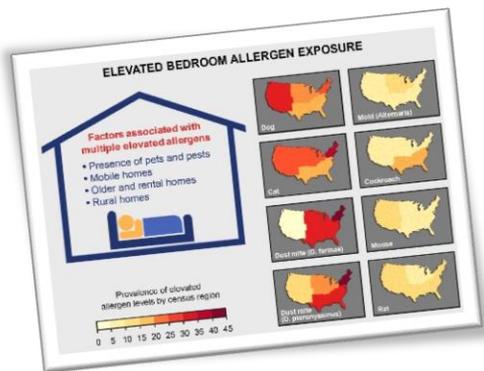
SPECIAL EDUCATION FORMS IN SPANISH

Based on user input, we have reformatted our forms table on the [DPI Sample Special Education Forms page](#) to include a column for each individual DPI model form translated into Spanish. All of the forms are also grouped together in a large packet on the [Introduction: Policies and Procedures Sample Special Education Forms & Notices](#) page. We hope this additional resource is helpful and appreciate all the user feedback we receive related to our model forms. If you have any questions or comments on the sample special education forms, please email [Christina Spector](#) by February 1st, as we are beginning to work on the May 2018 revisions.

MUMPS ON COLLEGE CAMPUSES

Universities in the United States are reporting cases of mumps. Many students traveled for Thanksgiving break and had the potential to spread mumps to family and friends. Although contacts of mumps cases may be up-to-date with their vaccines, cases of mumps have been reported in fully vaccinated individuals. Health care providers should consider mumps in college-age adults and/or their contacts who present with symptoms. If you have a suspect mumps case please follow the steps outlined in the guidance from the Wisconsin Immunization Program. <https://www.dhs.wisconsin.gov/immunization/mumps.htm>

ALLERGENS IN U.S. HOMES



ALLERGENS WIDESPREAD IN LARGEST STUDY OF U.S. HOMES

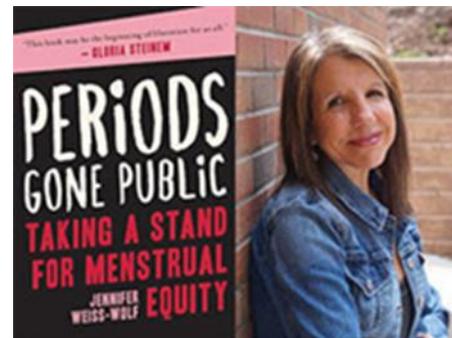
Allergens are widespread, but highly variable in U.S. homes, according to the nation's largest indoor allergen study to date. Researchers from the National Institutes of Health report that over 90 percent of homes had three or more detectable allergens, and 73 percent of homes had at least one allergen at elevated levels. [Read more...](#)

SOMA AND THE NEW MENSTRUATION EQUITY CAMPAIGN

Menstruation, which has long been an awkward topic for most men, and an embarrassing subject for many women, has lately been part of the conversation in SOMA.

Maplewood attorney and author Jennifer Weiss-Wolf's book *Periods Gone Public: Taking A Stand For Menstrual Equity* was just published.

The South Orange-based non-profit Girls Helping Girls. Period, focuses solely on providing feminine hygiene products to women and girls in need.



Diets: Fad or Fact

Dr. Carolyn Dunn, Professor and Nutrition Specialist at NC State University, presents the evidence (or lack thereof) behind today's popular diets. Diets include Whole30, Paleo, Low Carb, Detox, and more. [Watch Now](#)



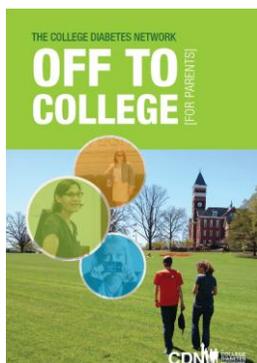
NEW RESOURCES

[Welcome to eParenting®](#)

eParenting® is an innovative program initiative from UW-Extension Family Living Programs. The goal of eParenting® is to empower parents in their use of digital media as a powerful and positive tool supporting their parenting role.

eParenting® currently has two modules:

- Co-Parenting is a 2-hour, face-to-face curriculum developed for divorced or separated parents of infants to teenagers. The curriculum focuses on how digital media can be used to enhance parenting skills and build a secure connection between children and all their parents and caregivers. The curriculum also helps parents understand normal child growth and development in the context of divorce and separation.
- High-Tech Kids is a 2-hour, face-to-face curriculum developed for parents of youth 9-14 and focuses on the positive aspects of digital media, how digital media can support the developmental tasks of adolescents and how digital media can enhance parenting skills. This module has also been adapted to an online, FYI blog format.



[Resource from College Diabetes Network.org](#)

The College Diabetes Network (CDN) is a national 501c3 non-profit organization whose mission is to provide innovative peer-based programs which connect and empower students and young professionals to thrive with diabetes.

See attached flyer- *Legal Resource for School Health Services*



NEW PUBLICATION:



This highly anticipated, comprehensive reference addresses the legal issues impacting school nurses, school administrators, school attorneys and school boards.

PRACTICE POINTS

Bed bugs. I am receiving an increasing number of requests for information and resources regarding bed bugs. Personally, I think I would rather deal with head lice than a bed bug infestation! As school nurses are asked for their advice, or to lead policy development, or local response for bedbugs, you are reminded to remember the difference between “introduction” and “infestation.” Often school nurses are contacted because one or two (supposedly) bed bug(s) were discovered on a student or his/her belongings. This would be considered an introduction of the pest (note bed bugs are not a disease) into the school environment. An infestation occurs when multiple bugs of different sexes or a fertilized female (which still may not reproduce) hitchhikes its way to school. This situation increases the risk to the school environment. I’ve attached to this Update two helpful resources as school nurses consider district response and policy development.

School Nurse Webpage:
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

To join the School Nurse Email List and receive school nursing updates [click here](#)

INTRODUCTION

Bed bugs are small insects that feed on human blood. They are usually active at night when people are sleeping. Their bites are initially painless, but for some people, can later turn into itchy skin welts. While bed bugs are a nuisance and can be worrisome, they are not known to cause or spread disease.

Bed bugs can be found in many public places, including movie theaters, planes, and hotels. Home infestations are increasingly common throughout New York City and the country. Anyone can get bed bugs and bed bugs are not a sign of dirty living conditions. Although people can unknowingly carry bed bugs with them into a school building, schools are not a friendly environment for bed bugs to live and reproduce, and the risk of transferring bed bugs from person to person in a school is very small. One bed bug does not constitute an infestation and finding a bed bug in a school does not mean that the school is infested.

The Department of Education (DOE) is committed to identifying pests, providing thorough inspections of schools, and having licensed pest control specialists treat rooms as appropriate. Following the protocol below when you suspect that you have found a bed bug in your school can help ensure accurate identification and response. Other insects can resemble bed bugs, so it is important to have the specimen positively identified by a trained member of the DOE Pest Management Unit.

This Information Kit contains instructions for submitting a suspected bed bug for identification, information about school bed bug inspections and treatment by the DOE Pest Management Unit, tips for minimizing the risk of bed bugs in schools, an FAQ, and additional resources. For more information on bed bugs, including steps you can take in your own home to minimize the risk of bed bugs, please visit the Department of Health and Mental Hygiene's [Vector Surveillance and Control](#) website, which includes a brochure on [Preventing and Getting Rid of Bed Bugs Safely](#), or call 311.

PROTOCOL FOR IDENTIFYING AND TREATING BED BUGS IN SCHOOLS

There are two ways to submit a suspected bed bug specimen to the DOE Pest Management Unit for identification: you may either send the dead insect by mail or email pictures of the pest to bedbugconcerns@schools.nyc.gov. Do not submit both a specimen by mail and images via email.

Submitting a specimen by mail

1. If you find an insect you suspect to be a bed bug in a person's clothing or any location within a school, collect the specimen using a piece of tape, gauze or tissue. If the specimen is caught on clear tape, simply affix the specimen to a sheet of white paper. Place the specimen in a sealable sandwich size plastic bag, seal it with tape, and place it in a freezer for 30 minutes (this will kill the specimen). Do not crush the bug or the bag.
2. In order to facilitate timely and accurate identification, please be sure to follow these important guidelines:
 - Never send live specimens.
 - Never send broken or crushed specimens.
 - Never send insects loose in an envelope.
 - Never send specimens without a completed submission form (see below).
3. Complete the *Bed Bug Identification Submission Form* on page 4, and mail it with the specimen to:

NYC Department of Education
Pest Management Unit
P.O Box 1697
Long Island City, N.Y. 11101

Do not email images of the specimen if you have already mailed the specimen itself.

Submitting digital images of the specimen by email

1. You may photograph either live or dead insects. Do not photograph moving insects as doing so will create blurred details. Active specimens can be slowed down by placing them in a freezer for a few minutes before taking pictures.
2. The images must be focused, sharp and detailed. Most digital cameras have limited ability to reproduce clear close-up images of small subjects, though if yours has a "Macro" setting, use it to take a close-up photograph. Use judgment on specimens and your camera's photography capabilities. If the images are blurry or lack sufficient quality, we may not be able to identify the specimen.

3. Submit at least three images of varying angles, including an image of the top/head of the insect, which is the most important angle for bed bug identification.
4. Email the images with a copy of the *Bed Bug Identification Submission Form* on page 4 to bedbugconcerns@schools.nyc.gov. We will not be able to provide you with the results of the specimen identification in a timely manner unless you include all of the information on the *Bed Bug Identification Submission Form* in your email.
 - Do not email images of the suspected bug if you have already mailed the specimen to us.
5. If we cannot identify the specimen using the photographs you send, you may be asked to mail the original specimen to us. Please save the original specimen until you receive the results of the identification, but do not send us the original specimen unless requested to do so.

Bug Identification and Next Steps

1. Once the Department of Education’s Pest Management Unit receives either the physical specimen or images of the pest, it will examine and identify the specimen. The Unit will notify the principal via email with the results of the examination. If the specimen is not a bed bug, there is no need for further action.
2. If a specimen is confirmed to be a bed bug, a DOE Pest Management Professional will contact the principal to schedule a time and date for inspection and remediation. Inspections and remediation will take place after 3:00 p.m. The Pest Management Professional will inspect the room or rooms where the specimen was captured, and vacuum the room(s) with a HEPA vacuum. Please see *School Preparation Prior to Treatment* on page 5 for information on preparing for inspection and remediation.
3. If the Pest Management Professional observes an infestation in the school, the Pest Management Unit will notify the school principal and schedule treatment, as well as additional inspections of rooms adjacent to the room with the infestation. Parents/guardians of students in the entire building must be notified if there is an infestation. (Effective July 1, 2011, this will also be New York State Law.) The Pest Management Unit will provide the principal with notification materials to send to parents and staff.
 - According to the NYC Department of Health and Mental Hygiene, an *infestation* is identified by bed bug reproduction in a given area. During the inspection, the DOE Pest Management Professional will look for bed bugs in various life stages (egg, nymph, adult). A school is infested only if there are signs of bedbug reproduction. A confirmed bed bug does not mean that the school is infested.

Please review the rest of this Kit for the *Bed Bug Identification Submission Form*, instructions on preparing for an inspection, tips to help minimize bed bugs in schools, an FAQ, and additional resources, including links to additional information from the NYC Health Department and the Environmental Protection Agency (EPA).

BED BUG IDENTIFICATION SUBMISSION FORM

On enter date here, a presumed bed bug was found (choose one):

- On a person
 On a person's belongings
 On furniture/wall within a room

- Room Number: _____
- School number (e.g., PS 80): _____
- School Building Code (see Custodian for assistance): _____
- School Address: _____
- Borough of School: _____
- School Geographical District: _____
- School Principal (Name): _____
- School Principal Phone #: _____
- School Principal e-mail: _____
- Custodian's Phone #: _____
- Custodian's e-mail address: _____

Additional comments:

Please complete this form and submit it ***either*** with the specimen by mail to:

NYC Department of Education
Pest Management Unit
PO Box 1697
Long Island City, NY 11101

Or via email with images of the suspected bed bug to bedbugconcerns@schools.nyc.gov.

Please do not submit a specimen by both mail and email. Do not submit any live specimen.

Thank you in advance for your assistance.

SCHOOL PREPARATION PRIOR TO INSPECTION AND/OR TREATMENT

If the DOE Pest Management Unit has identified a bed bug from your school, please prepare for inspection and remediation by taking the following steps:

- Carpets within affected classrooms and offices should be vacuumed and loosened at their borders.
- All items attached to walls should be removed, placed in sealed plastic liners, and left in the room for further inspection.
- Pets should remain in the room.
- Closets should be cleaned out and kept in good order going forward.
- The floors of the classroom and the cracks and crevices of the closets should be vacuumed. The dust and debris from the vacuum should be immediately placed into a plastic liner and discarded on the exterior of the building. The vacuum cleaner should be inspected and confirmed to be free of bed bugs.
- Please note that if items are being discarded, they should be placed in a plastic bag and immediately brought to the exterior of the building to be discarded.

If you have additional questions prior to your school's inspection, please contact the DOE Pest Management Unit at IPM@schools.nyc.gov.

HELPFUL TIPS TO MINIMIZE BED BUGS IN SCHOOLS

- Reduce the amount of clutter in classrooms and closets.
- Use protective cover cases on mattresses in schools that have mattresses (life centers, nurseries).
- Reduce the number of rugs or possibly replace area rugs with plastic chairs.
- Place library books in plastic liners when returned and inspect them before putting them back on the shelves.
- Remove curtains and wall frames, if applicable.
- Repair peeling wall paper and paint.
- Use a vacuum with a crevice tool to suction in small spaces and cracks. If bed bugs are suspected, place contents in plastic bag, seal and discard outside of the building.

FREQUENTLY ASKED QUESTIONS

If a bed bug is found on a child, should I isolate the child or send him/her home?

No. Bed bugs are not known to cause or transmit disease and the risk of person-to-person transference in school is very low. No child should be isolated or removed from a classroom setting. It is important to remember that bed bugs can resemble other insects and that many bed bugs submitted for identification are not, in fact, bed bugs.

If we see or capture a suspected bed bug in a classroom, should we close the room until a Pest Management Professional inspects it?

No. If it is a bed bug, it is likely that it was unknowingly brought into the school by someone who encountered it in another place. If you have captured it, you may have already eliminated the problem. Additionally, many suspected bed bugs are not bed bugs at all. You should send the captured specimen to the DOE Pest Management Unit for identification, following the protocol described in the beginning of this kit.

If the DOE Pest Management Unit has identified a bed bug from our school, what area(s) of the school will be treated?

The DOE Pest Management Professional will inspect and, if necessary, treat the room in which the specimen was captured. In most cases, a thorough inspection and vacuuming of the room with a HEPA vacuum by the Pest Management Unit Professional is the best treatment when there is not an infestation.

If the Pest Management Professional determines that there is an infestation (bed bugs living and reproducing in the room), the rooms above, below and adjacent to the infested room will be inspected and treated as necessary.

If the DOE Pest Management Unit confirms that a specimen found in my school is a bed bug, should parents and staff be notified?

Parents/guardians of students in the entire building must be notified if there is an infestation. (Effective July 1, 2011, this will also be New York State Law.) According to the NYC Department of Health and Mental Hygiene, an *infestation* is identified by bed bug reproduction in a given area. A single confirmed bed bug does not constitute an infestation. A DOE Pest Management Professional must inspect the school and determine whether there is an infestation. Schools are not a friendly environment for bed bugs and the chance of an infestation is low. If it is determined that your school is infested, the Pest Management Unit will provide notification materials to share with parents and building staff.

If the principal would like to notify parents or staff that DOE Pest Management has confirmed that a bed bug was found in the school (not an infestation), please use the sample letter on page 10 of this kit, which contains important information about bed bugs. Translations are available [here](#). We recommend including the Health Department's bed bug fact sheet with the letter; the fact sheet is available [online](#).

We have captured samples of bed bugs in several rooms over the past few months; is the building infested?

According to the NYC Department of Health and Mental Hygiene, an infestation is identified by bed bug reproduction in a given area. An infestation can only be determined after an inspection is conducted by a DOE Pest Management Professional. Bed bugs are generally hitch-hikers and may be brought into the building repeatedly by anyone, including by those with bed bugs in their homes that are not being addressed.

What can we do at the school level to help reduce the risk of bed bugs?

Learn to identify the signs of bed bugs (visit the [Health Department's website](#) or call 311 for additional information). Frequently inspect your rooms; if you see signs of bed bugs, report them immediately. If you capture a suspected specimen, submit it to the DOE Pest Management Unit following the procedures outlined in the beginning of this kit. Check your furniture frequently for bed bugs, especially chairs and couches. Get rid of clutter to reduce places in which bed bugs can hide and discard anything that is not being used. Seal cracks and crevices, and vacuum periodically. Consider removing rugs.

Encourage school staff and parents to learn to identify the signs of bed bugs, in school and in their own homes, by visiting the Health Department's [website](#) or calling 311.

What recommendations can we provide to parents to minimize or reduce the risk of bed bugs being transported into the home?

Encourage parents to learn to identify the signs of bed bugs and share the Health Department's *Stop Bed Bugs Safely* fact sheet and the *Preventing and Getting Rid of Bed Bugs Safely* brochure with them (both available [online](#)). Parents can inspect backpacks and personal belongings when their child returns home. They can place the child's clothing in a dryer for 40 minutes as a precaution (high heat kills bed bugs) or store clothing in a plastic bag prior to washing. They can also call 311 for more information.

If you have additional questions, please contact the DOE Pest Management Unit at IPM@schools.nyc.gov.

ADDITIONAL RESOURCES

For more information about bed bugs, please use the following resources:

- NYC Department of Health and Mental Hygiene bed bug website:
<http://www.nyc.gov/html/doh/html/vector/vector-faq1.shtml>
 - *Preventing and Getting Rid of Bed Bugs Safely* brochure
 - *Stop Bed Bugs Safely* fact sheet
- Bed bug information from the U.S. Environmental Protection Agency (EPA):
<http://www.epa.gov/bedbugs/>
- Office of School Health website: <http://schools.nyc.gov/Offices/Health/default.htm>
- Call 311

Note: Parents/guardians of students in the entire building must be notified if there is an infestation. (Effective July 1, 2011, this will also be New York State Law.) An infestation is defined as bed bugs reproducing in a given area. If there is a school infestation, the DOE Pest Management Unit will provide the principal with notification materials.

While a confirmed bed bug does not mean that the school is infested, some principals may wish to notify parents and/or staff that the DOE Pest Management Unit has confirmed a bed bug from the school. In these cases, please use the sample letter below, which contains important information from the Department of Health and Mental Hygiene. Translations are available [here](#).

SAMPLE LETTER
On School Letterhead

Dear Parent or Guardian:

We recently found a confirmed bed bug in your child’s school. Bed bugs are a nuisance, but they are not known to cause or spread disease. They are usually active at night when they feed on blood. The bite is initially painless, but it may become swollen and itch, much like a mosquito bite. If you have concerns for you or your child, you should call your doctor.

The source of bed bugs often cannot be determined, as they may be found in many places, including hotels, airplanes, buses, hospitals, department stores and movie theaters. Finding a bed bug does not mean that our school building is infested. Bed bugs are often unknowingly brought into the school by building occupants and as a result we may have future sightings.

Even though it is unlikely for bed bugs to reproduce and spread in schools, the Department of Education will continue to work to identify pests, provide thorough inspections of schools and have licensed pest control specialists treat rooms as appropriate.

If you have experienced them in your home, we strongly recommend seeking professional assistance from a qualified pest control company.

For further assistance on preventing bed bugs, please see:

- NYC Department of Health’s “Preventing and Getting Rid of Bed Bugs Safely” brochure: <http://www.nyc.gov/html/doh/downloads/pdf/vector/bed-bug-guide.pdf>
- NYC Department of Health’s Vector Surveillance and Control bed bug website: <http://www.nyc.gov/html/doh/html/vector/vector-faq1.shtml>
- U.S. Environmental Protection Agency (EPA) bed bug information website: <http://www.epa.gov/bedbugs/>

If you have any questions regarding bed bugs, please call 311 for additional help.

Sincerely,
Principal