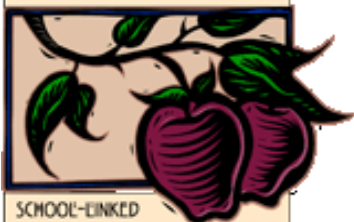


CITY OF BERKELEY



SCHOOL-LINKED HEALTH SERVICES PROGRAM

# VITAL SIGNS

Creating Healthier Learning Environments

## Hello Summer...Welcome Sun!

Did you know that most kids rack up between 50% and 80% of their lifetime sun exposure before age 18? The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach the skin, they cause tanning, burning and other skin damage. We need to protect our kids from this! While it is important to encourage kids to exercise outside, it is equally important that teachers and parents teach children how to enjoy fun in the sun safely. Here are some tips to help:



### ◉AVOID THE STRONGEST RAYS OF THE DAY

The sun is most intense between 10 :00 a.m. –4:00 p.m. If the kids are in the sun between these hours, be sure to apply protective sunscreen-even if they are just playing in the back yard. Remember, most sun damage occurs

as a result of incidental exposure during the day-to-day activities, not at the beach.

### ◉COVER UP

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. You can screen for this by placing your hand inside the garments and making sure you can't see it through them. For all day outdoor events, bring along a wide umbrella or pop up tent to play in.

### ◉USE SUNSCREEN CONSISTENTLY

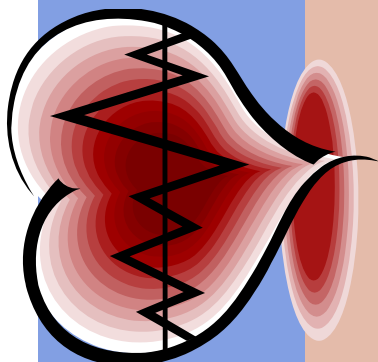
There are many different types of sunscreen, including types for sensitive skin types, long lasting, waterproof, and even spray on bottles. Check for the degree of protection from UV rays. Look for 15 SPF or higher to prevent both sunburn and tanning. Apply sunscreen whenever the child will be in the sun and apply it 20 min before kids go outside. Don't forget lips, hands, ears, feet, shoulders, and behind the neck. Reapply every two hours or after swimming or sweating. Remember, water reflects and intensifies the sun rays , so kids need protection that lasts, that's why waterproof sunscreens are the best to use in these environments.

### ◉USE PROTECTIVE EYEWARE AND HATS

Encourage kids to find a hat that they like, and more importantly, to wear! Teach kids to wear sunglasses with up to 99 to 100 percent UV-A and UV-B protection. Don't forget kids want to be like grown-ups. If you wear them regularly, your kids will be willing to follow your example.

## Summer To-Do List...

- ✓ Catch up on sleep
- ✓ Read for pleasure
- ✓ Walk, jog, swim, sing more
- ✓ Write in your journal
- ✓ Clean your house
- ✓ Tend to your garden
- ✓ Attend the 7th Annual Bike Rodeo on June 20th at San Pablo Park
- ✓ Find a cure for lice
- ✓ Send School-linked Health Services a list of health topics that you would like to hear about next school year. (Email: [vlopez@ci.berkeley.ca.us](mailto:vlopez@ci.berkeley.ca.us))



# Remember to WHACK the flu



During the recent H1N1 (“swine”) flu outbreak, the Public Health Division worked closely with the school district. In the early weeks of the outbreak, we identified suspected cases of the flu at Malcolm X elementary school. We took the cautious approach recommended by the Centers for Disease Control (CDC) and dismissed classes at the school, in order to slow the spread of this new flu. Fortunately, this flu has been relatively mild and we were able to resume classes after two days.

This new H1N1 virus has spread without regard for borders, race, or ethnicity. We are concerned about the possible resurgence of the virus in the fall, with more cases of the flu, more hospitalizations and possibly even deaths. As we learn more about the H1N1 flu virus, we will adapt our response to best protect our community. BUSD and the City Public Health Department will continue working together to keep students, staff, and families healthy and informed. Please check the Public Health website for up-to-date information [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us).

The new H1N1 flu, like the seasonal flu that comes every winter, spreads through the air when people cough, sneeze, and talk. The most important thing

you can do now is work with your children to “Whack the flu”:

- **Wash** your hands often with soap and water (sing “Happy Birthday” twice to make sure you wash long enough)
- **Home** is where you belong when you are sick (both children and parents)
- **Avoid** touching your eyes, nose, and mouth (germs spread that way)
- **Cover** your mouth and nose when you cough or sneeze (and wash your hands afterwards)
- **Keep** your distance from sick people.

You can also plan for the unexpected:

- Plan for alternate childcare should a parent or child become ill.
- Make a plan for what might happen if your child’s school closes.
- Plan how you could reduce the time you spend in crowded places.
- Check your medical supplies. If you or your family is sick for a week, do you have all the medicine and other essentials you need? You can get helpful tips at [www.bepreparedcalifornia.ca.gov](http://www.bepreparedcalifornia.ca.gov)

Janet Berreman, MD, MPH  
Acting Health Officer



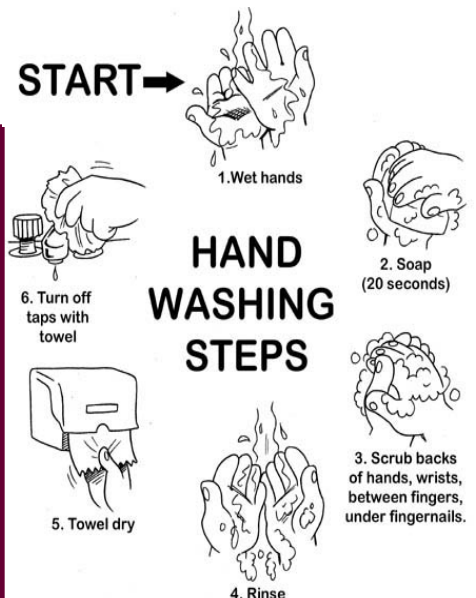
## Ask a Nurse?

**Question:** I go camping a lot in the summer. How can I avoid those pesky insect bites?



**Answer:** Here are some tips for controlling bug bites:

- Pick a good campsite: Select a campsite away from wet grassy areas where insects are abundant.
- Dress appropriately: Dark and bright colored clothes are like magnets for the insects. Cover up as much of your body with clothes as weather-appropriate.
- Avoid strong fragrances: Insects can smell and are attracted to strong sprays and fragrances
- Maintain a clean campsite: Keep foods covered, especially sweets and drinks
- Wear insect repellent: Before you buy them, make sure that you patch test them and read labels for their formulas.
- Always make sure you bring a First-Aid kit.....HAPPY CAMPING!



## Foodborne Illnesses Peak in Summer

Foodborne illnesses increase during the summer because microorganisms grow faster in warmer conditions. More than 250 different foodborne diseases have been described. Most of these diseases are infections, caused by a variety of bacteria, viruses, and parasites that can be foodborne. Other diseases are poisonings, caused by harmful toxins or chemicals that have contaminated the food, for example, poisonous mushrooms. These different diseases have many different symptoms, so there is no one "syndrome" that is foodborne illness. However, the microbe or toxin enters the body through the gastrointestinal tract, and often causes the first symptoms there, so nausea, vomiting, abdominal cramps and diarrhea are common symptoms in many foodborne diseases. How to avoid it:

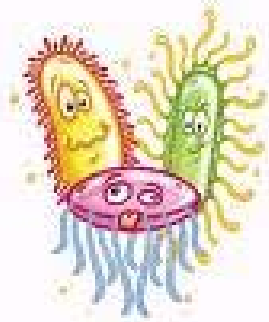
**Clean hands, surfaces, and produce**– Unwashed hands & produce can be culprits for illness. When eating away from home, find out if there's a clean source of water. If not, bring water for preparation and cleaning, or pack clean, wet, disposable washcloths.

**Separate, don't cross-contaminate**– Always securely wrap raw meat separate from any ready to eat foods. Wash all utensils and cutting boards thoroughly that held raw meat before using again.

**Refrigerate promptly**– Bacteria can grow quickly at room temperature, so refrigerate leftovers if they are not going to be eaten within 4 hours. If you have any doubts, throw it out! Keep separate coolers for perishable foods and drinks, as drink coolers are opened more frequently. Keep cooler out of direct sun and preserve the cold temperature by replenishing ice as soon as it starts to melt.

**Report:** Report suspected foodborne illnesses to the Berkeley Public Health Department 510.981.5300.

[www.cdc.gov](http://www.cdc.gov)



SCHOOL-LINKED HEALTH SERVICES PROGRAM WISHES YOU:

# A Very Happy & Healthy Summer!

## Keeping kids ACTIVE



Summer is a great time to help kids stay active, instead of TV, video games and other sedentary activities, consider 30 minutes of these fun calorie burning alternatives for kids.

- Soccer -93.6 calories
- Swimming– approx 57 calories
- Basketball - 80 calories (half court)
- Riding a bike– 88 calories
- Mowing the grass –64 calories

## BERKELEY

### SUMMER CAMPS 2009

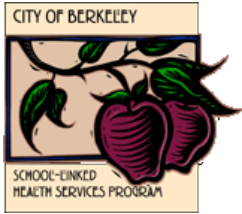
The City of Berkeley offers a host of summer camps to keep the kids busy this summer. Check out our website at [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) click on Park and Recreation– Brochure and any of the blue links in the middle of the page. Here are a few to consider...

Arts Camp– teaches children about different cultures through arts, food and activities, they will learn gardening, recycling and also explore beaches.

Explorer Camp –is geared for the sports/science loving kids, swimming, various sports, and science projects are sure to keep the most active kids busy.

Camp Live Act– explores a child's love for Theater Arts, with dancing, spoken word and art projects. This camp will also include Major trips to Six Flags, Great America and the California Academy of Science (for an additional cost.)

These are just a few examples of the exciting camps going on this summer! Check the website for fees and schedule.



The School-Linked Health Services Program (SLHSP) is a collaboration between the Berkeley Public Health Division and the Berkeley Unified School District.



Our goal is to remove the health barriers to a child's academic achievement.

We support school district staff and administrators in their efforts to provide a healthy and safe educational environment for all students and staff.

School-Linked Health Services Program  
Berkeley Public Health Division  
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**Meet**



**Your**



**Health**



**De-**

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## partment—BE A STAR PROGRAM

### Goal: A Healthy Start for Every Child

The first few years of a child's life are a particularly sensitive period in the process of development, laying a foundation in childhood and beyond for cognitive functioning; behavioral, social, and self-regulatory capacities; and physical health. Yet, many children face various stressors during these years that can impair their healthy development.

**What Services do we provide?** The City of Berkeley is laying the groundwork to establish a coordinated system for screening, assessment, referral, and treatment for young children ages 0 - 5 to identify children at risk for developmental, behavioral, emotional, or psychosocial problems. This program is being developed in partnership with multiple agencies including the Alameda County First 5 program, Berkeley-Albany YMCA/Head Start and Early Head Start, the Berkeley Integrated Resource Initiative's Birth to Five Action Team, and the Berkeley 20/20 Vision for Educational Equity.

Through BE A STAR, the Berkeley Public Health Division and its partners will develop a coordinated system for early identification of developmental delays and referral to support services for children birth to five. The emphasis will be on finding children with mild developmental, behavioral, emotional or psychological problems or delays that might have previously gone unrecognized, placing them at risk for more significant problems once they reach school age.

A coordinated system will be developed that will ultimately:

- A. Provide **universal screening** for children ages 0-5
- B. **Provide assessments of children identified through screening to determine nature of problems / needs and link them with appropriate referrals**
- C. Provide **coordination and case management** to ensure that referred children receive needed services

For more information , call 981-7588



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