

Health Bulletin



A month has passed since students have begun school. They have gradually become accustomed to life at preschool and can now be seen playing happily. Okinawa has entered the rainy season. This time of year, it is common for children to get sick due to the change in climate, consecutive holidays, and accumulated tiredness from the start of the school year. Please pay close attention to any changes and/or signs of illness in your child. If you have any concerns, please do not hesitate to consult with our staff. Thank you for your cooperation.

May 30th, 2022(Monday)

Physical Exam(1st Semester)

Lifecare Clinic Nagahama Doctor



●Please arrive at the school by 8:30 a.m. The health check will begin around 9:00 a.m. Please let your homeroom teacher know if you have any concerns or advice regarding your child's health.

*Please try to avoid being absent on this day. (If you fail to attend, you must take your child to get a physical on your

◎The unirlanalysis and pinworm tests are to be submitted **May 30th and 31st**. The test kits will be distributed the week before and we ask for your cooperation in submitting the samples by the due date.

May 8th was Mother's Day. Moms have to work hard every day juggling housework, child-rearing, and their jobs. Please find time to take a break from your daily routine, and take care of your health, so you may always be a wonderful mom.

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Infectious Diseases to Watch Out for in the Coming Season.

Pharyngoconjunctivitis (pool fever)

- Fever, sore throat
- Conjunctivitis symptoms

Symptoms often last about 5 days.

Infection caused by adenovirus.

Incubation period: 5 to 7 days.

Route of infection: droplet or contact.

◎Certificate of health from a physician is

Herpangina

Fever, blisters on mouth and throat.
Viral pharyngitis

Caused by enterovirus.

Infectious disease

Incubation period: 2-4 days.

Route of infection: droplet or contact

◎Certificate of health from a physician is required.

Hand, Foot and Mouth Disease

Hand (arm), foot (sole and knee), mouth, buttocks and groin etc. have blister-like rash. Slight to no fever.

Infections caused by enterovirus.

Incubation period: 3-5 days.

Route of infection: droplet or contact

◎Infectiousness will weaken by the time the rash appears, but please consider attending preschool within a reasonable range after the infection has calmed down and the child's

Are Your Nails Clean?



Nails touch all sorts of things and people. If there is an underlying cut or they are chipped, they can get inflamed. If left untreated this can result in an infection so please wash your hands. If your child still doesn't like washing their hands please try taking a bath.



Also, if nails are too long, they can get caught in things and can hurt other children. This can be prevented by cutting nails at home regularly.

Rainy Season Precautions

Food Poisoning

Food poisoning is common between June-September. Heat your food sufficiently.

Accidents

On rainy days there is an increased risk of accidents because it is slippery and can be difficult to see clearly while holding your umbrella. Please be careful.

Cold Temperature

Due to the heat and humidity during the day you will sweat more but when the temperature drops in the morning/evening you will cool rapidly. If your child has sweat through their clothes please change them immediately and prepare a jacket for when the temperature drops.

Water Warts Q&A



Q. What are water warts?

A. It is a virus that begins under the armpits.

Q. Can it spread?

If a wart is crushed it will spread to different parts of the body and to other children. It is highly contagious so please exercise caution.

Q. Can I go to the park/pool?

There are no restrictions regarding going to the park. You may also go to the pool but if one of the blisters is swollen please cover it with gauze and refrain from entering the pool.

Q. How do I treat it?

The warts will go away on their own in about 6 months to a year. If your child has dermatitis or is very itchy or scratchy please consult your

