



# Nurses Newsletter

Center for Applied Behavioral  
Instruction

**DECEMBER**

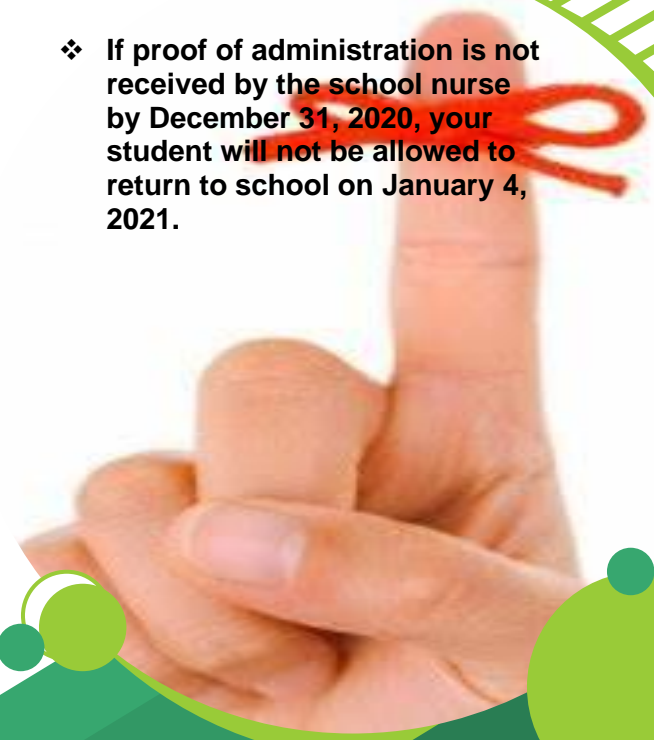
**IMPORTANT!**

**\*\*Proof of Flu vaccination administration or a letter of religious or medical exemption is due to the school nurse by December 31, 2020. \*\***

## Reminders

- ❖ Please send in your child's updated annual physical form after their appointment.
- ❖ CABI must receive the completed daily student attestation form upon the student's arrival for the day.
- ❖ Caregivers must be available for pickup within **one hour** if called due to a student experiencing symptoms.
- ❖ The Flu vaccination mandate includes all K-12 students who are in-person, hybrid and fully remote learning.

- ❖ **If proof of administration is not received by the school nurse by December 31, 2020, your student will not be allowed to return to school on January 4, 2021.**





# Carbon Monoxide

This silent, odorless health hazard plagues many people in the winter months.

As the temperature outside drops, people begin to turn on their long dormant heating systems. If they are not careful and alert this simple act can turn deadly.

## What is Carbon Monoxide (CO)?

Carbon monoxide is a colorless, odorless, tasteless gas produced by burning gasoline, wood, propane, charcoal or other fuels.

Usually heating systems will ventilate this gas outside of the home but if the system is not maintained properly or the exhaust vent becomes blocked the gas may be released inside instead.

## Carbon Monoxide Poisoning

Carbon monoxide poisoning occurs when carbon monoxide builds up in your bloodstream. When too much carbon monoxide is in the air, your body replaces the oxygen in your red blood cells with carbon monoxide. Red blood cells binding affinity for carbon monoxide is 300 times greater than its affinity for oxygen. This can lead to serious tissue damage, or even death because your organs survive on oxygen, not carbon monoxide.

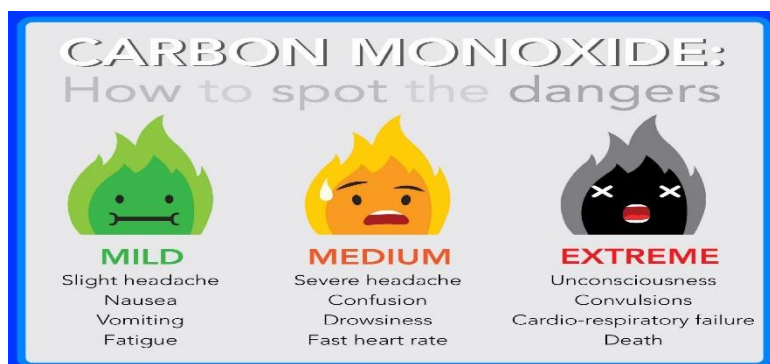
## Symptoms of CO Poisoning

- Dull headache
- Weakness
- Dizziness
- Nausea or vomiting
- Shortness of breath
- Confusion
- Blurred vision
- Loss of consciousness

## At Risk

Everyone is susceptible to CO Poisoning; however, certain categories of people can be at higher risk.

- **Unborn babies.** Fetal blood cells take up carbon monoxide more readily than adult blood cells do. This makes unborn babies more susceptible to harm from carbon monoxide poisoning.
- **Children.** Young children take breaths more frequently than adults do, which may make them more susceptible to carbon monoxide poisoning.
- **Older adults.** Older people who experience carbon monoxide poisoning may be more likely to develop brain damage.
- **People who have chronic heart disease.** People with a history of anemia and breathing problems also are more likely to get sick from exposure to carbon monoxide.



## Prevention

- **Install carbon monoxide detectors.** Put one in the hallway near each sleeping area in your house. Check the batteries every time you check your smoke detector batteries — at least twice a year. A good timeframe would be when you change your clocks. If the alarm sounds, leave the house and call 911 or the fire department. Carbon monoxide detectors are also available for motor homes and boats.
- **Open the garage door before starting your car.** Never leave your car running in your garage. Be particularly cautious if you have an attached garage. Leaving your car running in a space attached to the rest of your house is never safe, even with the garage door open.
- **Use gas appliances as recommended.** Never use a gas stove or oven to heat your home. Use portable gas camp stoves outdoors only. Use fuel-burning space heaters only when someone is awake to monitor them and doors or windows are open to provide fresh air. **Do not** run a generator in an enclosed space, such as the basement or garage.
- **Keep your fuel-burning appliances and engines properly vented.** These include:
  - Space heaters
  - Furnaces
  - Charcoal grills
  - Cooking ranges
  - Water heaters
  - Fireplaces
  - Portable generators
  - Wood-burning stoves
  - Car and truck engines

Ask your utility company about yearly checkups for all gas appliances, including your furnace.

- **If you have a fireplace, keep it in good repair.** Clean your fireplace chimney and flue every year.
  - **Keep vents and chimneys unblocked during remodeling.** Check that they are not covered by tarps or debris.
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- **Make repairs before returning to the site of an incident.** If carbon monoxide poisoning has occurred in your home, it is critical to find and repair the source of the carbon monoxide before you stay there again. Your local fire department or utility company may be able to help.
- **Use caution when working with solvents in a closed area.** Methylene chloride, a solvent commonly found in paint and varnish removers, can break down (metabolize) into carbon monoxide when inhaled. Exposure to methylene chloride can cause carbon monoxide poisoning. When working with solvents at home, use them only outdoors or in well-ventilated areas. Carefully read the instructions and follow the safety precautions on the label.

### Treatment

If caught quickly enough, CO poisoning can be reversed the same way it began, by simply breathing.

Bring the afflicted person to fresh air and encourage them to breathe deeply. This will force the CO in the bloodstream to detach from the cell and the oxygen to then attach appropriately.

***HAVE A WONDERFUL AND SAFE HOLIDAY SEASON!***

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