

## Nurses Corner

**'Tis the Season....for lots of viruses being passed around!** Remember, if your student has a temperature over 100, or is vomiting, or has drainage coming from their eyes, or has a rash with pustules, he/she should not be in school! Please remind your students to cover their coughs/sneezes and wash their hands!

**November was Diabetes Awareness month.** Students and Staff in the district wore Blue on November 14 to help raise awareness of both Type 1 and Type 2 diabetes.

Millions of people around the world live with diabetes or know someone living with diabetes. The majority have type 2 diabetes, but an important minority have type 1 diabetes (~5%). Contrary to popular belief, type 1 diabetes is not a childhood disease. It occurs at every age, in people of every race, and of every shape and size. Do you know the signs and symptoms?

### **Type 1 Diabetes –**

- Extreme thirst
- Frequent urination
- Sudden weight loss
- Change in appetite
- Vision changes
- Fruity breath odor
- Rapid, deep breathing
- Feeling tired, drowsy, lethargic
- Often mistaken for a cold or flu, growth spurts, dehydration, stomach bugs or UTI.

**Type 2 Diabetes** may have similar signs and symptoms or no signs and symptoms. Visual changes or loss of feeling (neuropathy) in your lower extremities might be the first clue. There are ways to prevent type 2 diabetes or diagnose early. Diet and activity are the keys. Activity doesn't have to be strenuous. 30 minutes of movement each day like walking after each meal for 10 minutes can reduce your risk of getting Type 2 diabetes. On the other hand, drinking 1 soda or high sugary drink each day increases your risk of developing Type 2 diabetes by 18%! Annual eye/vision exams and blood test can help diagnose pre-diabetes and diabetes!

**I wish you a happy, healthy and safe holiday season! Remember to "Buckle Up" 😊**

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