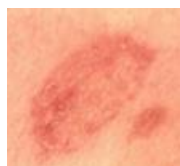


# Student and Family Wellness



## EWWW! WHAT IS THAT?

Take a guess at what the rash is (all are a symptom of an infectious disease). Then click on the picture to see if you were right and learn more about the disease.



**Bottom Line:** if your child has a **rash** for which you do not know the cause, check with your health care provider before sending them to school. You will need to provide a note from your child's health care provider stating that they may attend school and are not contagious. Check our [Health Services website](#) for information about illness and keeping your child home from school.

## JUULING/E-CIGARETTES

Juuling/E-Cigarette use by young people is not safe. Nicotine is highly addictive, harmful to developing brains, and the vapor contains other harmful chemicals. [Click here](#) to learn more.



## TALK TO YOUR KIDS

about the risks of using e-cigarettes.

- Ask about e-cigarette/juuling use as it can indicate risk for use of cigarettes and other addictive substances (e.g., alcohol, marijuana, and other illicit drugs).
- If your child is using e-cigarettes /juuling, begin to ask about and look for signs of use of conventional cigarettes, alcohol, marijuana, and other illicit substances.
- Be aware of the risks of nicotine and the different products kids are using. Know that e-cigarettes/juul almost always contain nicotine.

*The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the [Smart Choices Website](#).*

## STAY HEALTHY THIS YEAR!

The [Minnesota Department of Health](#) recommends everyone 6 months of age and older get a flu shot.

### What is Influenza (FLU)?

Flu is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. It can be mild, but is sometimes severe and at times can lead to death. It is not the same as the "stomach flu."

### What are the symptoms?

Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. These symptoms come on quickly and can be bad enough to keep you in bed for several days.

### Should my child get a flu vaccination?

Yes. Everyone 6 months of age and older should get a flu vaccine every year. Getting a flu vaccine helps protect your child from getting the flu and helps prevent them from passing it to people who can get very sick from flu – like babies, elderly, and people with compromised immune systems.

