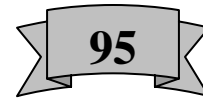




Community Unit School District 95
School Health Services



Lake Zurich High School
 Phone 847-438-5155
 Nurse Fax 847-540-4190

Middle School South
 Phone 847-540-7070
 Fax 847-540-9438

Middle School North
 Phone 847-719-3600
 Fax 847-719-3620

Charles Quentin
 PHONE 847-438-2420
 FAX 847-438-4766

Isaac Fox
 847-540-7020
 847-540-7032

Mav Whitney
 847-438-2351
 847-438-2696

Sarah Adams
 847-438-5986
 847-438-7740

Spencer Loomis
 847-719-3300
 847-719-3320

Seth Paine
 847-438-2163
 847-438-2528

October 22, 2007

From the Health Office:

Recently, Staphylococcus infections have been in the news, specifically MRSA, which is the acronym for methicillin-resistant Staphylococcus aureas. This is the variation that is resistant to most antibiotics. In the past, MRSA was most dangerous to people with compromised immune systems. Within the past ten years it has begun to surface in the regular community population, as well. Staphylococcus (or staph) bacteria are found in the nasal passages and on the skin of nearly everyone. About one third of the population carries the MRSA variety and probably doesn't know it. The U. S. Centers for Disease Control states the bacteria usually spreads via skin-to-skin contact and via personal items. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and can occur in otherwise healthy people. Practicing good hygiene can help reduce transmission of staph and other bacteria. Any wound should be cleansed promptly and treated appropriately. At school wounds should be covered until healed and bandages should be kept clean and dry. Showering soon after sports practices and games should be encouraged. Sharing towels, razors, clothing, jewelry, deoderant and other personal items should be avoided. Washing gym suits and uniforms on a regular basis is important, too. As with most communicable illnesses, washing hands frequently with soap or use of an alcohol-based hand sanitizer will help reduce transmission of organisms. If you notice an unusual skin condition, a persistent pustule, boil or draining wound seek medical attention and follow your healthcare provider's instructions on wound care and infection control. Please report MRSA or any other significant infections or illnesses to your child's school. More information can be found at www.cdc.gov

If you have any questions, contact your family physician or building nurse.