



Healthy Bodies/Healthy Minds

Providing comprehensive health care to our students through education, prevention, treatment and referral.




Open Monday through Friday, 7:30 am — 4:00 pm

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Contact us for more information at:
www.rcshc.weebly.com

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Rockingham County Student Health Centers

Director of Student Health:
 Tara Pruett
 (336) 623-9711 ext 2334
Tara.pruett@unhealth.unc.edu
 Or
 Newsletter Editor:
 Angela Blankenship
 (336)623-9711 ext 2341
Ange-la.blankenship@unhealth.unc.edu

Digital Devices, Computers & Eye Strain Tips

Have you ever heard that looking at a computer, smartphone or other digital screen for long periods of time will permanently damage your eyes? Thankfully, this is like the old adage about “ruining your eyes” from watching too much television or sitting too close to the TV: it’s simply not true. However, you have probably noticed some uncomfortable effects from staring at your screen too long.

Digital-related eye strain affects people of all ages. If you spend hours a day using digital devices, you might notice your vision blurs, and your eyes feel achy and tired. You may also find your eyes become dry, and will tear or sting. The eye strain is no different from the symptoms you may have when reading or writing.

We are not likely to cut back on cell phone and computer use any time soon. So what can we do about the related eye strain?

Here are some tips to relieve your eye strain.

- *BLINK!**
- *ARTIFICIAL TEARS**
- * FOLLOW THE “20-20-20” RULE**
- *ADJUST BRIGHTNESS AND CONTRAST**
- *REDUCE THE GLARE**
- *ADJUST YOUR POSITION AT YOUR COMPUTER**

Blinking is the eye’s way of getting the moisture it needs on its surface. Make a conscious effort to blink as often as possible. This keeps the surface of your eyes from drying out. You might even want to put a reminder on your telephone reminding you to blink.

- You can use over the counter artificial tears to refresh your eyes when they feel dry. You can use a cool mist humidifier to add moisture to the air.
- Taking breaks from your computer screen or digital device using the “20-20-20” rule is critical. Shift your eyes to look at an object 20 feet away, for at least 20 seconds.
- Adjust your screen brightness to match the level of light around you and increase the contrast on your screen to reduce eye strain.
- Use a matte screen filter to help cut out glare
- When using a computer, you should be sitting about 25 inches (right about at arm’s length) from the screen. Also, position the screen so your eye gazes slightly downward, not straight ahead or up

Teens and Sleep ZZZZZZZZZZZ’s ?

Sleep is crucial for people of any age. For teens it is especially vital. Teens are at an important stage of growth and development where their bodies and minds are growing rapidly. Their mental, physical, social, and emotional development requires quality sleep. Therefore according to the National Academy of Sleep Medicine, a teenager needs

between 8-10 hours of sleep each night to feel alert and well rested. Getting adequate sleep helps to fuel their brains and bodies.

Tips to promote better sleep:

- Get organized with after school homework and activities
- Set a bed time and stick to it
- Completely turn off all electronic devices at least 30 minutes

Before going to bed. Exercise 30 minutes to an hour before going to bed to relieve stress and promote sleep.

- Avoid caffeine
- 

HPV (Gardasil) Vaccine Significantly Reduces Human Papillomavirus Infection

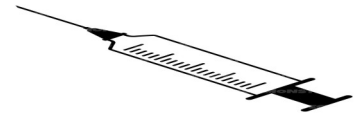
Several subtypes of human papillomavirus are now known to be a direct cause of cervical cancer, oral cancers along with genital warts in patients whom persistent infection occur. Since 2006, it has been recommended that preteen girls beginning at age 11 or 12 receive HPV vaccination with catch-up vaccination recommended for older teens and young adults up to age 26 years. HPV vaccination has also been recommended for boys/young men ages 11-26 since 2011.

According to data presented in the Journal of the American Medical Association (JAMA) in May of 2021, HPV infection rates of high risk subtypes (subtypes that cause cancers listed

above) among females aged 14-19 years have fallen from 11.5% to at or below 1.1% since the vaccine recommendations began. As scientific organizations continue to gather data, it will likely become clear that cancers caused by HPV will also decline significantly.

Rockingham County Student Health Centers offer HPV vaccination. If you have not already received HPV vaccination and are interested in receiving this important immunization, please feel free to contact your school's Student Health Center to make an appointment.

- Morehead HS (336) 623-3699
- McMichael HS SHC (336) 427-4335
- Reidsville HS SHC (336) 349-6443
- Rockingham Co HS (336)634-3201



Over the Counter Drug Abuse Dangers

Because OTC medicines are readily accessible a visit is not necessary to obtain, they are generally affordable and available at many stores. They do offer relief for many ailments and are mostly safe when taken as directed. But can be misused leading to abuse and possibly addiction. It is a common thought (If I can buy it at the grocery store it can't be bad) but this is far from the truth.

Common cough medicines like Delsym and Robitussin DM, just to name a few, provide temporary cough relief but can be taken at higher doses for the ability to make you feel high. Higher doses can also cause hallucinations and excitement. This is a favorite of teens because it is usually in our medicine cabinets at home or can be bought at the local grocery store and is cheap. Currently there is no antidote for this but you should seek medical treatment.

Loperamide is an anti diarrheal medication com-

monly used. Taken at a higher than recommended doses also to get high. Narcan can be given to reduce it's effect on breathing.

Decongestants like pseudoephedrine are now kept behind the counter because it can be used to make crystal meth. The amount that can be purchased is limited and an ID is needed.

Allergy medicines like Benadryl (diphenhydramine) taken at higher than recommended doses to give you an energy boost, elevate your mood and make you feel high.

The above medicines can be combined in multi symptom cold relief products and if we are not aware of the ingredients, an accidental overdose can happen. Acetaminophen (Tylenol) is a common ingredient in cold formulas and if additional doses are taken for a headache or pain, it can cause damage to our livers. We need to read labels and be aware of ingredients in the different products we take. OTC products offer many

benefits but can also be dangerous. Just because it can be purchased legally, does not mean it cannot cause harm.

American Association of Poison Control Center

1-800-222-1222

24 hour, free advice- when in doubt call



Tick Bite Management And Prevention

Tick bite treatment includes washing the site of the bite with warm water and soap. You may apply antibiotic ointment to an irritated bite and cover with a bandage. One should watch for an expanding red rash at the bite site, fever, achy, fatiguing illness with in 1-4 weeks after the bite. Other symptoms could possibly be a pain of in muscles, headache, weight loss, and a skin rash. Contact your PCP if any of these symptoms develop.

An important fact to remember is that you are unlikelky to get sick from a tick bite if you re-

move the tick within the first 24 hours from when it was found. There are serious life threatening conditions related to tick bites including Lyme's disease, Babesiosis, and Rocky Mountain spotted fever.



There are some ways to prevent tick bites:

- *Cover your skin while walking in grassy areas where ticks may be prevalent.
- *Use tick repellent.
- *Take a warm shower soon after returning from the wooded areas.
- *Check skin carefully after returning from wooded areas .
- *Check pets when they have been outside if you have indoor pets.