



# NURSING NEWSFLASH

## Some things to know! August 2024

Our nursing team is excited to start the 24/25 year off with your children!! We are here for them in the clinics and ready to help with any health concerns. We want them to have the best learning day possible! Please reach out to your child's school with any concerns or questions you may have.



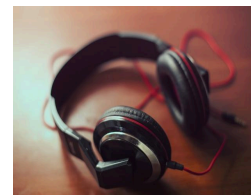
Please **do not** send any medication with your child to school, it is our policy. You must complete a medication administration form first and bring the medication in the Rx bottle or OTC bottle. For the safety of all students, do not allow your child to bring any medication to take later at school.



Telehealth has come to our schools! Your child can be seen Digitally by a Norton's Health Care Practitioner while at school and have a RX called in if needed. In addition, our nurses can run Strep, COVID, and Flu tests in our school clinics if the Telehealth provider orders it



Vision and hearing screening are under way for 1st,3rd,5th,8th,& 10th grades. We will reach out to you if your child is in need of any further testing.





## Did You Know??



When your child has been ill **IT IS COOL** for them to return to school when:

- Fever-free for 24 hours without the use of fever-reducing medications
- Have not vomited more than one time or had diarrhea no more than one time in 24 hours
- Stomach being upset or vomit is likely due to something other than an illness like medications, anxiety, mucus, etc.
- If your child has Covid, flu, or another respiratory illness but they are fever-free for 24 hours, AND their symptoms are improving, AND they do not feel or act sick they may return. Please do not send your child if they are obviously sick. There are additional precautions you can take to reduce the spread of infection like wearing a mask for 5 days, frequent hand washing, and covering cough, (See CDC guidelines below)
- If they are fever-free and have been on an antibiotic for 12 hours (i.e. pink eye, Strep throat) AND they are ready to learn

It is **NOT COOL** to send your child to school or back to school if:

- They have been given fever-reducing meds so they can go to school
- In significant pain unrelieved by medication
- lesions or rashes that are spreading and weeping fluid or very distracting
- Coughing persistently or having difficulty breathing always warrants a call to your doctor
- Awakens with red, crusty, draining eyes

**Your school nurses are here to help you! If unsure, please please do not hesitate to reach out with any questions**

# For Your Reference From The CDC Guidelines

## Respiratory Virus Guidance Snapshot



### Core prevention strategies

|                          |                    |                                  |                      |  |
|--------------------------|--------------------|----------------------------------|----------------------|--|
| <b>Immunizations</b><br> | <b>Hygiene</b><br> | <b>Steps for Cleaner Air</b><br> | <b>Treatment</b><br> | <b>Stay Home and Prevent Spread*</b><br> |
|--------------------------|--------------------|----------------------------------|----------------------|--|



### Additional prevention strategies

|                  |                       |                  |
|------------------|-----------------------|------------------|
| <b>Masks</b><br> | <b>Distancing</b><br> | <b>Tests</b><br> |
|------------------|-----------------------|------------------|

**Layering prevention strategies can be especially helpful when:**

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

**\*Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better



You are fever-free (without meds)



**Then take added precaution for the next 5 days**

For 5 days after returning to normal activities (work, school) taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing](#) can help prevent the spread of infection.