

CALHOUN COUNTY SCHOOL NURSE'S NEWSLETTER



We hope that everyone is off to a great start here in the Calhoun County School District! The CCSD school nurses are extremely blessed to be the caretakers for your children. We are looking forward to a safe, healthy, and fun filled year! Please feel free to contact us during school hours at the numbers provided below! Also, check out the Nurse's Corner on the district website.

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Calhoun City School Nurse
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REMINDERS-

- If your child needs to take medication at school, please see the school nurse to complete a medication permission form. This also includes over the counter medications.
- If your child has a medical diagnosis – such as an anaphylactic allergy or asthma, please make sure that the school nurse and teacher are aware. The school also needs an action plan from the doctor on file. This is essential for emergent situations.
- If your child has an **ALLERGY** that requires an **EPI-PEN**, please make sure that we have one!
- Please, refer to page 20 in the handbook for our head lice policy.
- We perform eye screenings throughout the school year. If your child fails this test, then you will receive notification. Please, have your child evaluated by an eye doctor of your choice as soon as possible. Poor vision can lead to poor academic performance.

TIPS-

- **FLU SEASON IS AROUND THE CORNER!!!** You should get a flu vaccine before the flu begins spreading in your community. It takes about 2 weeks after the vaccination for antibodies that protect against flu to develop in the body, so make plans to get a vaccinated in early fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial, and vaccination should continue to be offered throughout the flu season, even into January or later. **SO PLEASE HAVE YOUR CHILD VACCINATED!!!**
- Washing your hands is the single most effective way to prevent illnesses. Remember these rules while washing your hands –
 1. Wet your hands and apply soap.
 2. Scrub them for 20 seconds and then rinse off.
 3. Dry your hands off with a clean towel.

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, Itching, and/or "crusty" drainage from eye.	Hospital stay and/or ER Visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 24 hours without medication	Free from diarrhea for at least 24 hours without medication	Free from rash itching, or or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school	Released by my medical provider to return to school.
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