When should I go to the nurse?

Helpful Health Tips
Who needs to see the nurse?

- When you are bleeding from a cut or scrape and your teacher does not have a Band-Aid.
Who needs to see the nurse?

- If you have trouble breathing.
Who needs to see the nurse?

- If you throw up or feel sick to your stomach.
Who needs to see the nurse?

- If something is in your eye, ear or nose.
Who needs to see the nurse?

- If you had a fever within the last 24 hours.
Who needs to see the nurse?

- If you need to take medication.
Who needs to see the nurse?

- If you bump your head.
Who needs to see the nurse?

- If you are having a problem that is an emergency.
WHEN SHOULD YOU NOT COME TO THE NURSE???
You don’t need to go to the nurse if:

- You spill a little water on your pants or shirt.
- Water will dry in a while.
You don’t need to go to the nurse if:

- You have a stuffy nose.
  - The best thing is to
    - Blow it!!
    - Drink lots of water
    - Keep your hands washed
    - Catch coughs and sneezes in your armpit
You don’t need to come to the nurse if:

- You are wanting ice for an OLD injury that occurred more than 24 hours ago.
- Ice only needs to be used if a NEW injury occurs and the nurse feels you need ice.
You don’t need to come to the nurse if:

- If you have a loose tooth. Loose teeth are NORMAL!
You don’t need to come to the nurse if:

- You were playing really hard at recess or going too fast on the swings or the “spinny thing” and at the end of recess feel:
  - Tired
  - Dizzy
  - Hot
You don’t need to come to the nurse if:

- You are wanting to use the crutches or wheelchair for the day. These are only given if a doctor has recommended them.
You don’t need to go to the nurse if:

- You are not wanting to do work in class.
- School is important, stay in class!
- You are responsible for your school work!
Don’t forget to tell your teacher if you come to the health office!

- Your teacher needs to know where you are so you are not counted tardy or absent in the morning.
- Your teacher needs to know where you are after recess.
Remember you can be –

- Responsible for your own health by:
  - Getting enough sleep
  - Eating breakfast
  - Washing your hands
  - Being safe
  - Making good choices

Don’t forget you are here to learn! 😊

~Stay healthy
~Stay in class