



SCHOOL NURSE NOTES



Dear Parents & Guardians:

Welcome Back! I hope your summer was healthy and restful! Please review the following information related to health services this year. Over the last few years, we have faced many challenges, these have allowed some changes in daily practice that better ensure your child and others safety while at school. We appreciate your cooperation and understanding with the guidelines.

Daily at Home Health Checks

- Check your child's temperature if they have illness symptoms or complaints. Their temperature must be less than 100 degrees.
- Do not send your child to school after they have been given fever reducing medications. They can return if they do not have a fever for 24 hours without medication.
- If your child has had vomiting/diarrhea, please make sure they have been free of vomiting or diarrhea for 24 hours and have tolerated a meal before sending them to school.
- Students must stay home anytime they are sick.
 - This includes but is not limited to Fever greater than 100.0, vomiting, diarrhea, severe headache, new onset or worsening cough, sore throat, new onset loss of taste or smell, repeated shaking or chills or muscle pain.

Important health information related to COVID-19

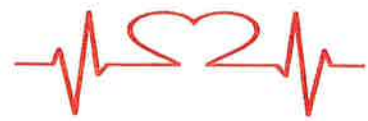
- If your student has been tested for COVID-19, they may not return to school until the results are back. We do not need proof of negative test. Proof of positives may be required for attendance purposes.
- If your child tests positive for COVID-19, please call the nurse and report it for disease tracking purposes.

Return to school guidelines

- Students must be fever free (without fever reducing medications) for 24 hours.
 - If your child has had vomiting/diarrhea, please make sure they have been free of vomiting or diarrhea for 24 hours and have tolerated a meal before sending them to school.
 - If your child is diagnosed with an illness (flu, strep) please report it to the attendance line, this is helpful to track and monitor illness during the school year.
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COVID contact tracing/quarantines

Currently we are no longer required to contact trace positive COVID-19 cases in the school setting, in the event a cluster of cases has occurred, the health department will notify the school that quarantines or contact tracing needs to occur. There will be further communication from the school, in the event this occurs. If you have been exposed to someone that test positive for COVID-19, CDC states you should watch for symptoms for 10 days, wear a mask and test if you develop symptoms or on day 5. You do not need report exposures to the school, we will not be tracking exposures.

COVID Positives

If your child test positive for COVID-19 they should isolation for 5 days from symptom onset. Symptom onset is day 0, isolation will begin the day after symptom onset. They may return to activities/school once they are thru the isolation period and have been fever-free for 24hours and symptoms have improved, they should wear a mask for 5 additional days.

Up to date information

Please always make sure that your child's teacher and the school office have current emergency contact numbers. We cannot keep students at school with high fevers; have a plan in place in case your child becomes sick at school. This is vital to keeping all illness under control.

Vision and Hearing screenings and referrals

These are conducted in the fall, if your child has any problems, you will be notified with a letter from the school. If you need assistance with eye exams or glasses, please reach out to the nurse's office.

Change of clothes

We encourage students to have a change of clothes in their backpacks in the event an accident occurs at school, we have a very limited supply of extra clothes in the clinic. If we provide your child with clothes in an emergency please wash and return everything, except the underwear.

Sincerely,

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