



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

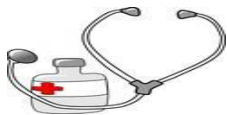
- If your student has been tested for COVID-19, they may not return to school until the results are back. We do not need proof of negative test. Proof of positive results is required for attendance purposes. This can be emailed to the nurses.
- If your child tested positive for COVID-19, please call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

COVID Positives

If your child tests positive for COVID-19 they should be isolated 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 through the isolation period and have been fever-free for 24 hours and symptoms have improved.

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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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 illnesses 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.

Nursing Hours

A nurse is in the district from 7:00-3:15pm. Please see the info below to reach the nursing office. Please allow 24hours to respond to voicemails and emails.

Sincerely,

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