

WINTER
2019

NEWS FROM THE NURSE

Happy Winter!

We are in the middle of cold and flu season with this year's influenza season just getting started.

Please review the information contained in this newsletter for important information illness, medication administration and spare clothing and supplies. If you have any questions or concerns, please don't hesitate to contact me at

973-764-4409 or
kforrest@vtsd.com.

Thank you and stay warm and healthy!

Kim Forrest, RN
School Nurse



Cedar Mountain Primary School Health

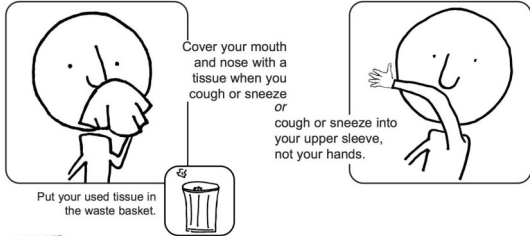
ACCIDENTS HAPPEN!

Please put a spare change of clothes (shirt, sweatpants/leggings, underwear and socks) in a Ziplock baggie to keep in the bottom of your child's backpack in the event of a bathroom accident or spill. I have a limited supply of spare clothing in the Health Office but often do not have appropriate sizes. Children also feel more comfortable in their own clothing.

A call will be made to a parent or guardian to bring spare clothing in to school if needed. A small care package with needed supplies like plain chap stick, unscented hand lotion (please avoid highly scented or allergen containing formulas if possible) and hand sanitizers are also a great idea, especially during dry winter weather and cold and flu season!

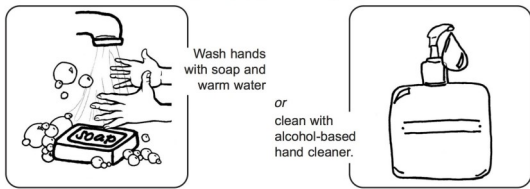
Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



MDH
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St. Paul, MN 55155-0497
651-201-5414 TDD/TTY 651-201-5797
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Keep Sick Students Home

If your child has a fever, vomiting/diarrhea, unknown rash or is otherwise unwell, please keep them home and consider a medical evaluation if necessary. This will help to not only help to prevent the spread of illness to others, but may help to decrease length and severity of your child's illness. Remember, children must be fever and/or vomiting free for 24 hours without the use of medications in order to be able to return to school. Parents/guardians will be called to pick up their student if they return before the 24-hour illness-free time period is over unless prior discussion has occurred.

Handwashing

Handwashing is one of the best (and easiest) defenses against illness. Please encourage your children to wash their hands often, especially before eating, after using the bathroom, when in contact with potential illness-causing objects and after coughing/sneezing/blowing their nose. Hand sanitizers may also be used but shouldn't always be a substitute for soap and water!



MEDICATIONS IN SCHOOL

No medications can be transported by students (even cough drops). ALL medications must have a doctor's order. NO medication can be given in school without a doctor's order, even cough drops, topical ointments or antacids. Please obtain a doctor's order if your child needs medication during the school day. Orders may be faxed to the school from your physician. If you need additional information regarding this, please let me know.