

News

from



Nurse

December 2022



immunizations



Immunization compliance letters have gone out district wide. If your child is missing any immunizations, please address them. Those who have received a letter need to get the requested information to your child's school by December 31, 2022. If you have any questions or concerns, please call your child's nurse.

Medications



Please be aware that we do not carry or have the authorization to administer cold or cough medicine in school. If your child has a cough or cold (without a fever) and needs medication to alleviate symptoms, it will need to be given at home before school. Please do not send any medication to school. Students are allowed to bring cough drops for their own use.

Chapped Winter Lips



If needed, send chapstick for chapped lips. Please remind your child not to share their chapstick with others.

COVID-19 Antigen Rapid Test Kits



COVID test kits will be distributed to all staff & students before the Holiday Break. It is recommended tests be used no earlier than 24 hours prior to returning to school on January 3rd.



Please send your child to school with a water bottle.



Grades K-3
Hearing and vision screenings are ongoing

Grade 4
Hearing screenings will begin

Grades 7 & 10
Hearing and vision screenings will begin

Clothing Donations

The nurse's office has clothing for students to borrow in the event of an accident. If you are cleaning out your closet and are looking to donate, items for all seasons are appreciated!



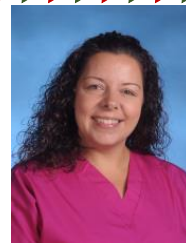
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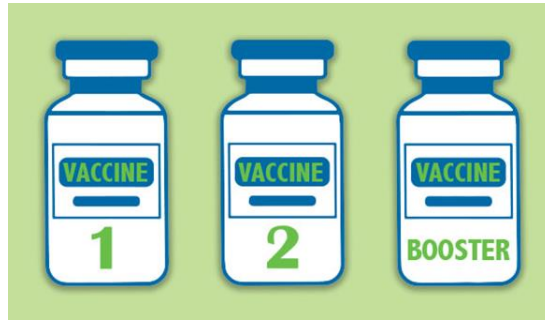
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COVID-19 Vaccine & Booster Clinic at the Ware Senior Center

When: 12pm – 3pm on Wednesday, December 7, 2022

Where: 1 Robbins Rd Ware, MA 01082

Ages: 6 months +

Come bring your family and friends and get your COVID-19 1st dose, 2nd dose or booster at the Ware Senior Center! We will have all three vaccine manufacturers for ages 6 months and older, and boosters for ages 5 years and older.

All vaccines are at no cost! Pre-register online or walk-ins welcome. Bring your ID, insurance card and vaccination card. If you do not have insurance, you will still be able to receive the vaccine.

You will receive a \$75 gift card when you get vaccinated or boosted. The clinic is provided via health care professionals as part of the Mobile Vaccination Program offered by the Massachusetts Department of Public Health.

Pre-registration link:

<https://home.color.com/vaccine/register/cdrmaguire?calendar=2e757551-24c5-4981-9d4e-5663588a1fd7>

Please reach out with questions to:

Emily Coderre at ecoderre@townofware.com or John Zienowicz at jzienowicz@townofware.com

The project is supported by the Rural Vaccine Equity Initiative, Town of Ware, Quaboag Valley Community Development Corporation and the New England Rural Health Association

Flu Vaccine Clinic Ware Town Hall – December 15th *Time TBD – visit www.townofware.com for updates*

You can also try using the state's [vaccine finder website](#) to find clinics convenient to your location:

- Click the icon in the top left with the arrow to view a list of locations
- Click on a map pin for hours, contact information, and sign up details
- Fill out your [Self Attestation form](#) and be prepared to present it at your appointment

**IF YOU HAVE ANY QUESTIONS ABOUT COVID PROTOCOLS,
PLEASE CALL YOUR SCHOOL NURSE.**

ALLERGIES, COLD, FLU AND COVID-19

Most common symptoms for each

SYMPTOMS



SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓		sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/ diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

SCHOOL EXCLUSION GUIDELINES

The decision to exclude students who have infectious diseases should be made in conjunction with health care providers, parents, and school. Students should be allowed to return to school once the exclusion is met or a health provider clears the student. Generally, if any of the following conditions apply, exclusion from school should be considered:

- ✓ If the student does not feel well enough to participate comfortably in usual activities
- ✓ If the student requires more care than school personnel are able to provide
- ✓ If the student has a high fever, behavior changes, persistent crying, difficulty breathing, lack of energy, uncontrolled coughing, or other signs suggesting a possibly severe illness

ILLNESS OR SYMPTOM	EXCLUSION GUIDELINES
Chicken pox	Exclude until <u>all</u> blisters have erupted & crusted over. Needs to be diagnosed by a physician. Please call the school nurse with any questions.
Common cold	No exclusion necessary unless symptoms are severe
Conjunctivitis (Pink Eye) Pink color of eye <i>and</i> thick yellow/green discharge	Exclude -(bacterial or viral), until approved for return by health care provider or until 24 hours after medical treatment started
Cough (significant) (Uncontrolled coughing; wheezing; rapid or difficult breathing)	Exclude -medical attention is necessary Note: Students with asthma may be cared for with a written health plan and authorization for treatment
Diarrhea Frequent, loose, or watery stools compared to child's normal pattern; not caused by diet or medication	Exclude -until symptom free for 24 hours
Fever (100.4 or higher)	Exclude -until fever free without the use of medication for 24 hours
Fifth Disease	No exclusion necessary , unless other symptoms such as significant fatigue, etc.
Hand Foot and Mouth Disease	No exclusion necessary , unless other symptoms such as fever or discomfort from sores
Head Lice	May return after treatment starts
Impetigo	Exclude until 24 hours after treatment starts
Rash <u>with</u> fever, behavior changes, joint pain, oozing rash, etc.	Exclusion is recommended if the student has other symptoms in addition to rash
Ringworm	Exclude from end of school day until after first treatment
Scabies	May return after treatment
Shingles	No exclusion necessary as long as blisters are covered
Stomachache/Abdominal pain	Exclude if pain is severe; if pain occurs after an injury; or if student has other symptoms in addition to the stomach ache/abdominal pain
Strep throat	Exclude until 24 hours after medical treatment started
Vomiting	Excluded for 24 hour from last vomiting episode

References

- American Academy of Pediatrics (2016). *Managing Infectious Diseases in Child Care and Schools*, 4th edition.
- Massachusetts Department of Public Health (2007). *Comprehensive School Health Manual*.