

News



Nurse

February 2023



The expiration date has been extended on the COVID At-Home Test Kits that were distributed by the school before Christmas. The new expiration date is May 6, 2023. You can also scan the QR Code on the box to see the new expiration.

If you test positive for COVID, you need to quarantine for 5 days. You still need to wear a mask on days 6-10 when out of quarantine. If you have questions, or to learn more, visit the [CDC website](https://www.cdc.gov).

ATTENDANCE MATTERS

Please call the school if your child is going to be absent. If you received an attendance letter, it does not mean your child can never be absent again. The letters are required to keep you up to date on how many absences your child has.

If your child is sick (fever, vomiting, pink eye, etc.) we still expect them to stay home. They may attend school with a minor cough or runny nose, as long as they are fever free. Masks are available for anyone who wants to use one.

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. Remind your child not to share it with others.



Stay Hydrated

Please send your child to school with a water bottle.



SCREENINGS

Grades K-3
Hearing and vision

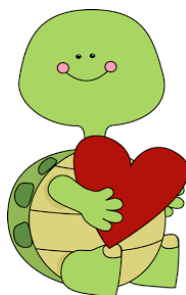
Grade 6
SBIRT

Grade 9
Hearing and vision screenings



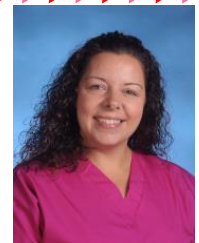
Jennifer Knight
Lead & SMK Nurse

jknight@ware.k12.ma.us
413-967-6236, ext. 2151



Monique Hegarty
WMS Nurse

mhegarty@ware.k12.ma.us
413-967-6903, ext. 3556



Jaime Miner
WJSHS Nurse

jminer@ware.k12.ma.us
413-967-6234, ext. 1107

**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*.