

# News



January 2023



The holiday break will find many of us getting together with family and friends. With these gatherings comes an increase of spreading germs and illnesses. Protect yourself and others around you with proper hand washing and covering your mouth when you cough/sneeze. If you feel ill, stay home.

COVID Antigen at Home Test Kits were sent home with all staff and students before the break. It is recommended to test no sooner than 24 hours prior to returning from the break. If you test positive, contact your school 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.



## immunizations



If you have not communicated with your school nurse about missing immunizations, please do so immediately.

## 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!

## Chapped Winter Lips

If needed, send chapstick for chapped lips. Remind your child not to share it with others.



## SCREENINGS

### Grades K-3

#### Hearing and vision

What is SBIRT? It stands for screening, brief intervention, and referral to treatment. This is a public health approach to assess substance abuse or those at risk for substance abuse. The conversation also establishes a rapport with the counselor and/or school nurse as trusted individuals students can come to if they have any concerns in this area.

Please let the school nurse know if you DO NOT want your child to participate. SBIRT screenings are done in 6<sup>th</sup> and 9<sup>th</sup> grade.

### Grade 6

#### SBIRT

### Grade 9

#### Hearing and vision screenings



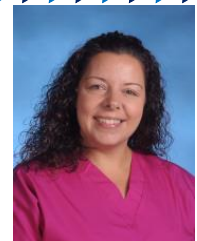
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**IF YOU HAVE ANY QUESTIONS ABOUT COVID PROTOCOLS,  
PLEASE CALL YOUR SCHOOL NURSE.**

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

### References

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