

School Nurse

Iris N. Matos RN BSN

matosin@pwcs.edu

West Gate ES



- Wash your hands several times a day with soap and water, and even more frequently if you are around anyone with a cold.
- Keep your hands away from your eyes, nose, and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then, wash your hands.
- Protect and strengthen your immune system:
Get enough rest, eat a variety of foods including lots of fruits and vegetables and exercise regularly.
- Don't spread the virus! Avoid coming to school with a fever or bad cough.
- Remember that there is no vaccine to prevent colds, and antibiotics have no effect on viruses.

In order to learn well, your child needs to be healthy. Here are some tips:

1. See that your child gets a good night's sleep. Elementary school age children need more sleep than older children or adults. Ten hours per night for younger students, and eight or more for older elementary students will help them be alert and ready to learn.
2. Make sure your child eats breakfast. A good breakfast supplies the energy needed for the morning. A combination of carbohydrate (bread or cereal), some fruit or juice and some protein (meat, egg, milk) will help your child learn through the morning lessons. Sugary foods tend to make a person feel droopy after an hour or two, so keep the sweets to a minimum.
3. See that your child gets exercise every day. Time to run and play after school helps your child stay fit and generate energy for the afternoon's homework and activities. How about a walk around the neighborhood together?
4. A well balanced diet will keep your child healthy. Help your child choose healthy snacks rather than sweets and chips.
5. Water is a great thirst-quencher. Our bodies need several glasses of plain water every day.

If your child is sick with a fever, vomiting, diarrhea, or if you suspect strep throat, pinkeye or any other contagious condition, please keep him or her home and seek medical attention. Not only will your child get well faster with rest and proper care, but also you may help prevent a sickness from going

through a whole class.

SUMMARY of IMMUNIZATIONS REQUIRED FOR SCHOOL

This is an “at-a-glance” list of immunizations required for admission to school.

- **DTP or DtaP:** At least 3 doses. One of these must be after the 4th birthday.
- **Polio:** At least 3 doses. One of these must be after the 4th birthday.
- **Haemophilus Influenzae Type b (HIB)-** (Do not confuse this with Hepatitis B-it’s different): Required only for children entering school or day care at 30 months of age or less.
- **Hepatitis B Vaccine:** A complete series of 3 is required for all children born on or after January 1, 1994. It is also required for students entering sixth grade.
- **Measles, Mumps, Rubella:** Two MMR shots, the first after 12 months of age, the second before kindergarten or earlier.
- **Chicken Pox:** All susceptible children born on or after January 1, 1997, given after 12 months of age.

Regulations administering medicines at school:

A licensed provider must authorize the use of all prescription medication, in writing. This information is acceptable on a prescription pad or a physician’s letterhead that is attached to a PWCPS authorization form. You can request our authorization form (Regulation 757-4, Attachment A, Section 1) from the secretary or from the nurse. You need to return the form to the school or have your physician mail or fax it to the school, (Attention: School Nurse).

The written authorization should include:

1. The student’s name
2. The student’s date of birth
3. The reason for the medication
4. The name of the medication
5. The exact dose to be given at school
6. The time to be taken at school
7. Exact condition of symptoms for repeating the medication
8. Duration of the order
9. Date of prescription, physician’s name, signature, and telephone number.

Reminder:

First dose of medicine to be given at home.

Medication must be in original container.

Medication must not exceed the expiration date.

The student cannot carry medicines into the school.

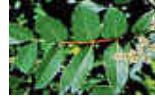


Iris N. Matos RN BSN

Spring time is now here. For most children, this means more outdoor activities (swimming, camping, bike riding, etc.). For all parents, this means being extra vigilant to keep your child safe and healthy.

1. Avoiding and Treating Spring Allergies, which can cause your child to have a lot of sneezing, plus a clear runny or stuffy nose, itchy and watery eyes and a cough, especially when he has spent a lot of time outside.
2. Water Safety to protect your children when they are swimming or boating. Most importantly, always supervise your children around the water.
3. Sun Safety to prevent damage from too much exposure to the sun. Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%. But remember that sunscreen only works if you use it correctly and it does not substitute for limiting too much sun exposure. Many parents make the mistake of using sunscreen and then allowing unlimited sun exposure.
4. Using Insect Repellents Safely to prevent bites from mosquitoes, etc. which can make your child miserable.

Poison ivy, Poison oak, or Poison sumac



If you think you've had a brush, follow these *simple steps*:

- Wash all exposed areas with cold running water as soon as you can reach a stream, lake, or garden hose. If you can do this within five minutes, the water may keep the urushiol from contacting your skin and spreading to other parts of your body. Within the first 30 minutes, soap and water are helpful.
- Wash your clothing in a washing machine with detergent. If you bring the clothes into your house, be careful that you do not transfer the urushiol to rugs or furniture. You may also dry clean contaminated clothes. Because urushiol can remain active for months, wash camping, sporting, fishing, or hunting gear that was in contact with the oil.
- Relieve the itching of mild rashes by taking cool showers and applying over-the-counter preparations like calamine lotion or Burow's solution. Soaking in a lukewarm bath with an oatmeal or baking soda solution may also ease itching and dry oozing blisters. Over-the-counter hydrocortisone creams are not strong enough to have much effect on poison ivy rashes.

In order to learn well, your child needs to be healthy. Here are some

tips:

1. See that your child gets a good night's sleep. Elementary school age children need more sleep than older children or adults. Ten hours per night for younger students, and eight or more for older elementary students will help them be alert and ready to learn.
2. Make sure your child eats breakfast. A good breakfast supplies the energy needed for the morning. A combination of carbohydrate (bread or cereal), some fruit or juice and some protein (meat, egg, milk) will help your child learn through the morning lessons. Sugary foods tend to make a person feel droopy after an hour or two, so keep the sweets to a minimum.
3. See that your child gets exercise every day. Time to run and play after school helps your child stay fit and generate energy for the afternoon's homework and activities. How about a walk around the neighborhood together?
4. A well balanced diet will keep your child healthy. Help your child choose healthy snacks rather than sweets and chips.
5. Water is a great thirst-quencher. Our bodies need several glasses of plain water every day.
6. If your child is sick with a fever, vomiting, diarrhea, or if you suspect strep throat, pinkeye or any other contagious condition, please keep him or her home and seek medical attention. Not only will your child get well faster with rest and proper care, but you may help prevent a sickness from going through a whole class.

THINK SAFETY

- If your children ski, skateboard, ride bikes or four-wheelers, please make sure they are wearing a **helmet**. With good safety training and a good helmet, most injuries are avoidable. If a helmet is in an accident, it is recommended that you buy a new one. A small crack in an old helmet may mean it won't protect your child's head well if it's hit again.
- On windy days in school please dress your child accordingly. Sometimes children come in from the playground with earaches which could be prevented by a hat or hood.

SUMMARY of IMMUNIZATIONS REQUIRED FOR SCHOOL

This is an at-a-glance list of immunizations required for admission to school.

- **DTP or DtaP:** At least 3 doses. One of these must be after the 4th birthday.
- **Polio:** At least 3 doses. One of these must be after the 4th birthday.
- **Haemophilus Influenzae Type b (HIB)-** (Do not confuse this with Hepatitis B-it's different): Required only for children entering school or day care at 30 months of age or less.
- **Hepatitis B Vaccine:** A complete series of 3 is required for all children born on or after January 1, 1994. It is also required for students entering sixth grade.
- **Measles, Mumps, Rubella:** Two MMR shots, the first after 12 months of age, the second before kindergarten or earlier.
- **Chicken Pox:** All susceptible children born on or after January 1, 1997, given after 12 months of age.