

## A NOTE FROM THE SCHOOL NURSE

Dear Parent(s):

I have really enjoyed getting to know your children the past few months. Cold and flu season is here. I would like to ask for parental cooperation during this time.

Please encourage good hand washing with soap and water at home and school.

Do not send children to school with known fever, rash, vomiting or diarrhea. This will help reduce the spread of germs. Please remember that if your child has had a fever of 100.0 or higher within 24 hours **they have to stay at home.**

I **CANNOT** administer prescription medication without written consent from the prescribing doctor and the appropriate paper work is filled out in the nurse's office.

Please do not send children to school with prescription medication, it has to be brought to the nurse's office by a parent. I will not give it unless the parent has brought it to me and the medication authorization form has been signed.

I **CANNOT** give Advil or Tylenol if the student does not have his/her own bottle available at school and a written note from a parent. The school does not furnish any medication.

Please do not send any medications, prescriptions or over the counter in a zip lock bag. They must be in the original container. I will not be able to accept them or dispense them to the children.

If you would like for me to give your child Tylenol/Motrin/Tums, etc., please send the medicine with a note giving me permission to give at school.

Thanks for your cooperation!

Paige Pope, School Nurse

## A NOTE FROM THE SCHOOL NURSE

### FACT SHEET

### **Stopping Germs at Home, Work and School**

#### *How germs spread:*

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs and desks.

#### *How to Stop the Spread of Germs*

In a nutshell take care to:

- cover your mouth and nose
- clean your hands often
- remind your children to practice healthy habits, too

#### *Cover your mouth and nose when coughing or sneezing*

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue, then clean your hands every time you cough or sneeze.

#### *The "Happy Birthday" song helps keep your hands clean*

Not exactly. Yet we recommend that when you wash your hands---with soap and warm water---that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!

#### *Alcohol-based hand wipes and gel sanitizers work too*

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and

drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.\*

### *Germs and Children*

Remind children to practice healthy habits too, because germs spread, especially at school.

### *Stopping Germs at Home, Work and School*

The flu has caused high rates of absenteeism among students and staff in our country's 119,000 schools. Influenza is not the only respiratory infection of concern in schools---nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.