

# LES Nurse News

November 2021

## **Are you checking your student before school!!**

**Do they have any of the following symptoms?**

- A cough and/or difficulty breathing
- Loss of taste/smell
- A 100 degree or higher fever or feeling feverish
- A runny or stuffy nose and/or sore throat
- Headaches and/or body aches
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)
- Exposure to COVID positive person

**If your student is experiencing any of these symptoms KEEP them home!!**

\*1 Low- risk symptom, no exposure- returns to school 24 hr. after symptom resolution.

\*2 Low-risk symptoms or 1 high risk symptom, no exposure Evaluation by Healthcare Provider before returning to school.

\*+ Symptoms, positive exposure- Return to school after 10 days from last contact unless symptoms develop. If symptoms develop, obtain swab.

### **Health Tip:**

**Children and teens need 1 hour of exercise each day to help their growing bones, heart and overall health.**

### **Nutrition Tip:**

Be sure to start your day with a healthy breakfast. It refuels the body and provides energy for the whole day.

## ***Reminders:***

1. Make sure the school is aware of any Health Issues and has the proper documentation for your student.
2. Check your student's hair at least once a week. Report any findings.
3. With the temperatures getting colder and children waiting at the bus stop please make sure that your child has the proper clothing on to stay warm.
4. If you received a referral for your student's vision or hearing screening. Please follow up with a healthcare professional.
5. Make sure to wash masks regularly.

***Health/Wellness Committee information can be found on the school's website.***

[www.louisiana.k12.mo.us](http://www.louisiana.k12.mo.us)

## **Medication Administration**

Medication can only be given to students if the proper paperwork has been completed. Medication has to be provided by the parents and should not be sent to school with the students.

Medication Paperwork can be picked up in any school office.

## **Nurse Contact Information**

Question or Concerns??

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