

# LES Nurse News

April 2022

## **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)

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

**Follow CDC guidelines if you have been exposed or tested positive to Covid.**

**Students must be 24 hours fever free, vomit free and diarrhea free without the use of medication before returning.**

## **Nurse Contact Information**

Question or Concerns??

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## ***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. If you received a referral for your student's vision or hearing screening. Please follow up with a healthcare professional.

***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.

## ***Health Tip:***

**Strawberries are unique in that they're the only fruit that wears its seeds outside. Eating strawberries is also a great way to get vitamin C, magnesium, potassium, and vitamin B9.**

## ***Nutritional Tip:***

**Make sure half of your plate contains fruits and vegetables**