

# LES Nurse News

February 2023

## Are you checking your student before school!!

Do they have any of the following symptoms?

- A cough and/or difficulty breathing
- 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!!

## Flu Season is Upon Us!!

*\*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.*

### Reminders:

1. School Policy states that your child **MUST BE** Fever Free, Vomit Free, and/or Diarrhea Free for 24 hours **WITHOUT** the use of medication before they can come or return to school.
2. Make sure the school is aware of any Health Issues and has the proper documentation for your student.
3. Check your student's hair at least once a week. Report any findings.

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

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

### Health Info from Coach Elmendorf:

Your heart is one of the most important muscles in your body. Exercise helps strengthen that muscle. Any kind of exercise that involves getting your heart rate up will improve your cardiovascular health.

### Nutrition Tip from Christy Anderson:

Did you know that the average American child, from ages 6 to 18, takes in about 50 percent more salt than the recommended daily amount?

## 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.

## Vision and Hearing Screenings

Screenings will be finished up in the next couple of weeks. If you receive a referral from a failed screening it is important to follow up with your student's doctor about the referral.

### Nurse Contact Information

Question or Concerns??

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