



HEALTH NOTES

HEALTH OFFICE SCHEDULE: I am the license school nurse for Middle School, Eastview Education Center and Nature Based Program. My schedule allows me to visit all 3 sites on a regular basis.

Health Paraprofessionals are assigned to each health office. Kristine Welle, RN, will be covering the Middle School. Her hours are 7:15 am-2:15 pm, and Kristine's direct number is 763-272-2120.

CONTACT INFORMATION: We must have the most current contact information, including emergency contacts for the students. At times, the health office may need to get a hold of parents/guardians during the school day due to illness, an emergency, etc so it is important that we have the most current information so we can get in contact with you during the school day if needed. Please contact the main office if you need to make any changes at 763-272-2100.

MEDICATION POLICY: When it is necessary for your child to receive **prescription medication** (inhalers, epinephrine, daily ADHD medications, etc...) during school hours, the medicine must be in its original container and a form must be completed by the prescribing physician (these can be faxed to us at 763-272-2909). Also, we will need written parental permission. **Over the Counter (OTC) medication** (acetaminophen, ibuprofen, etc...) can be administered with written parental permission only. It must also be in its original container that includes dosage and directions. We will not, however, administer any OTC medication beyond the recommended pediatric dosage without a physician's written approval. Also, aspirin or any other product not recommended for children will not be administered. All medications, vitamins, and supplements must be FDA approved.

WHEN TO KEEP YOUR CHILD HOME: It is often difficult to know when your child is ill and should stay home. Immediate care at home will shorten the period of illness and prevent infection of schoolmates and staff. The following are general practices:

- If a child has had a fever of 100.4 or more, the child should stay home for 24 hours after the temperature returns to normal without fever reducing medications such as Tylenol/Ibuprofen.
- If a child has vomited or had multiple episodes of diarrhea, the child should stay home until 24 hours after the last episode.
- If a child has any rash or suspicious skin condition, a severe cough, a sore throat or other signs of acute illness, the child should remain at home.

SCHOOL REPORTING OF DISEASES: Schools in MN are required to report certain diseases to the Minnesota Department of Health (MDH). Some of these include Chickenpox, Shingles, Pertussis, Measles, Mumps, Rubella, Diphtheria, Tetanus, Polio, Viral Hepatitis, Covid, and Influenza. **It is important to notify school whenever your child is diagnosed with a communicable disease.** We also keep track of strep throat and pneumonia so please let us know so we can better care for all the students at school.

IMMUNIZATIONS: Please turn in immunization records to the health office. Parents of incoming 7th graders: Per MN Immunization Law, the following 2 vaccinations are required for entry into 7th grade, an adult dose of Tdap (Tetanus, Diphtheria & Pertussis) after age 11 & a meningococcal vaccine. As a parent you also have the right to decline these vaccines for your child but a conscientious objection (or non-medical objection form must be signed & notarized).

WELLNESS RESOURCE: The Wellness on **Wheels (WOW) van** travels to the Monticello High School 1-2x/month. If you are having insurance concerns and you need basic health care services, including immunizations, please contact them for an appointment. Their number is 763-682-7516. A fee may be charged but will vary on service(s) provided.

You can reach me via email (kelly.barrow@monticello.k12.mn.us) or phone if you have any questions.

Thank you,

Kelly Barrow, RN LSN

763-272-2121