



Dear TUHSD Students,

Our district is proud to offer a variety of health and nursing services on campus for students. These services are provided by Deborah Meshel FNP & Credentialed School Nurse, and Jessica Alegria, Health Specialist, in collaboration with student services staff. Please read this newsletter to learn more about the services we offer on campus to support the health and wellness of all students.

Deborah Meshel, FNP

(415) 945-3618 | dmeshel@tamdistrict.org

Jessica Alegria, Health Specialist

(415) 945-3638 | jalegria@tamdistrict.org

STAFF SCHEDULES

DEBORAH MESHEL, RN, FNP

TUHSD Credentialed School Nurse

Mondays– Redwood

Wednesdays– Tamalpais

Fridays– Drake

JESSICA ALEGRIA

TUHSD Health Specialist

Mondays & Fridays– Tamalpais

Tuesdays & Wednesdays– Redwood

Thursdays– Drake

FREQUENTLY ASKED QUESTIONS

WHERE IS THE NURSE'S OFFICE?

Redwood– Room 103

Tamalpais–Room 113

Drake– Room 910

WHAT CAN I GET HELP WITH?

We can help if you have been **injured** and need ice, band-aids, or other **basic first-aid**. If you feel **sick**, we offer **support**. If you are having a **medical emergency**, like an allergic reaction or asthma attack, the nurse or health specialist will come to you directly or a staff will bring you to our office.

Please note we are a school health services office and not a medical office. Please see your doctor if you need anything beyond basic first-aid and cold/cough care.

HOW LONG CAN I STAY IN THE HEALTH SERVICES OFFICE?

You can rest for up to 15 minutes when health support is here. After 15 minutes, you must return to class or go home. Cell phone use is NOT allowed while you are resting.

CAN I GET TYLENOL OR IBUPROFEN?

No. We do not give out over the counter medications on campus. This includes Tylenol, pain relievers, Neosporin, medicated eye drops, and anything for stomachaches and/or nausea.

You should stay home from school if you have a fever, have thrown up, or if you have any contagious illness (i.e. flu, strep throat). If these symptoms develop during the school day, go directly to the attendance office in Room 105 and your parent/guardian will be contacted to pick you up.