

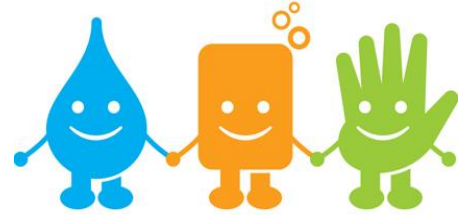


## Nurse's Notes: It's December— *Ready for winter break?*

While October & November mark the beginning of Influenza season, we typically begin to see cases rise in December. **Both school staff and parents alike should set aside time now to chat about handwashing and preventing disease!!**

*The most obvious means of disease prevention is washing of hands.*

- WET – preferably with warm water
- LATHER – use soap
- SCRUB – get all surfaces of hands up to the wrists, under the nails
- RINSE – thoroughly to mechanically remove germs
- DRY – well to prevent an environment where germs can flourish



HEALTH CHECK – Winter break is a great time to check in with your pediatrician. Seek care when your child is ill, but also consider a well-child exam if their office recommends it. Ask if they are up to date on vaccinations. Be sure to call the school health office to obtain a permission form if your child needs medicine at school (even OTCs like cough drops or ibuprofen). If there are barriers to care, let your school nurse know so we can help connect you with resources. If your child has been out ill and has a note – please bring it in. Thanks!

FIFTH/SIXTH GRADERS: Now is the time to get boosted for Pertussis. Not sure if your child is up-to-date? Please reach out to your health office team to confirm. Students may also need a 2<sup>nd</sup> immunization for Varicella. Winter break is a great time to obtain any vaccines required for 7<sup>th</sup> Grade advancement.

KINDER/FIRST GRADERS: Did you complete the oral health examination for your kindergarten child? Or CDPH health examination for your 1<sup>st</sup> Grade child? If in doubt, please reach out to your child's health office team. For more information online about the requirements, follow the links.

Oral health: <https://www.cda.org/Home/Public-Health/Kindergarten-Oral-Health-Requirement>

For more about CDPH: <https://www.dhcs.ca.gov/services/chdp/Pages/SchoolEntry.aspx>



**WHAT ELSE TO KNOW?** *We provide a variety of care and first aid and see many students daily. We try to call home for concerns that may need to be monitored, head bumps, etc. **Our health office would love donations** – consider donating wipes, Ziploc baggies, sport shorts, sweats or stretch pants (*gently used items for the elementary grades are perfect, NO JEANS*). **Thank you so much for your support!***



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**Rolling Hills:** Health Clerk I, Bertha Chau  
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**Silva Valley Elementary:** Health Clerk I, Tara Nakano  
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**William Brooks Elementary:** Health Clerk I, Raffaella Avina  
916-933-6618 x2430 Fax: 916-933-3910

**REMINDER: MEDICATIONS-ALL medications require a permission form to be at school**

<https://drive.google.com/file/d/1HtDbavODNUxn52IQB8849Qc2OYCe6jkE/view>

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