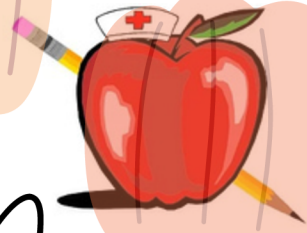


# Notes from the School Nurse



## Nurse Spotlight

### October

The fall brings cold weather, seasonal allergies, and cold viruses, which means runny noses and coughs. It can be difficult to distinguish between allergies, flu or cold symptoms.

- If your student has known seasonal allergies, prevention of symptoms is possible when starting allergy medication in a timely manner.
- The flu is typically characterized by sudden onset chills, body aches, fever and respiratory symptoms.
- If you have any questions or concerns, do not hesitate to call your school nurse.

My name is Katie Jokel, I am the Health Services Coordinator.

I have been married to my husband for 7 years. We have 3 boys, Kellen, Krosby and Kampbell. We also have 3 dogs; Marvel, Olive and Dax. I graduated from Tarleton in 2012 with my Bachelor of Science in Nursing. I was an ICU nurse for 4 years, Infusion nurse for 4 and going on my 3rd year of school nursing. I love all things sports and can literally make anything and everything a competition. My favorite food is Mexican food, my favorite drink is Dr. Pepper and my favorite color is green! My favorite hobby is watching my kids play sports! If we aren't at our own kids' games, we are at family/friend's games cheering them on! My favorite part about being a school nurse is the strong bonds I've built with students, parents, and staff while fulfilling my nursing role. As the health coordinator, I've had the opportunity to create meaningful relationships across every campus, not just one. This connection enriches my experience and allows me to make a positive impact on the entire school community.

### REMINDERS

- \*-If your student is sick, please call or email the nurse or front office. The nurse will call back if she has any questions or concerns.
- \*-Please go over handwashing with your student. Tell them the importance of when and why we wash our hands. Keep fingernails short and clean. Most bacteria lives under fingernails.
- \*Remind/teach your student the proper coughing techniques ; coughing/sneezing into your elbow helps prevent the spread of germs
- \*COVID-falls under the 24hr fever/diarrhea/vomiting free guidelines

