



FALL 2025 HEALTH NOTES

HEALTH OFFICE SCHEDULE: My schedule allows me to visit different sites on a regular basis. Health Paraprofessionals (all are LPNs or RNs) are assigned to each health office also. Health office hours are 7:30am-2:30pm and our direct number is 763-272-2420.

MEDICATION POLICY: When it is necessary for your child to receive **prescription medication** (inhalers, epinephrine, daily ADHD medications, etc...) during the 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 763-272-2609). 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 degrees F 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, your child should see their health care professional for a diagnosis.

VISION SCREENING:

All 1st, 3rd and 5th grade students completed **vision screening** over the last two weeks. If they did not pass, a letter will be mailed to you this week (some were mailed last week). Please let me know if your child was prescribed glasses or any follow up they had. Only @10 students have been referred for vision in each grade since we began using the Lion's Club vision screening machine; It is quick and accurate. Please call if you'd like more information or if you need assistance in paying for an eye exam and/or glasses.

IMMUNIZATIONS:

MN law requires all children are vaccinated against certain diseases OR have legal exemption on file to enroll in school. This is the link for the immunization form

<https://www.health.state.mn.us/people/immunize/basics/readyk12.pdf>

If you're currently without insurance, we have a great resource with Wright County called the Wellness on Wheels (WOW) van that travels to Monticello Community Center 1-2x/month. To schedule an appointment, please call them at 763.335.0280.

Thank you and I look forward to the school year!

Tana L. Kalnbach, RN, PHN

Licensed School Nurse 763.272.2620

tana.kalnbach@monticello.k12.mn.us