Hello MACCRAY students and families,

I hope you are having a healthy summer. Back to school is an exciting time of the year! Here are some important health office reminders as we get ready for the 2026-27 school year. You can reach me during Open House August 26th from 12pm to 6pm in the health office. Or you can reach me by email or by calling and leaving a message. Please contact me with any questions or concerns you may have regarding your student's health.

Immunizations:

- Preschoolers are required to have 3 doses Hepatitis B, 1 dose Hepatitis A, 1 dose of Hib, 4 doses of DTAP, 3 doses of Polio, 1 dose of MMR and 1 dose of Varicella.
- Kindergarteners through 6th graders are required to have 3 doses of Hepatitis B, 5 Doses of DTAP, 4 Doses of Polio, 2 doses of MMR, and 2 Doses of Varicella.
- 7th graders are required to have 1 dose of Tdap and 1 dose of Meningococcal vaccine.
- 12th graders are required to have 2 doses of Meningococcal vaccine.This includes the booster to the initial dose that is required in 7th grade.

Minnesota immunization law requires that in order for a child to enroll in child care, early education programs, or school a parent must show they have received immunizations or an exemption. Students may be exempted from the immunization requirement when the immunization of the student is contraindicated for medical reasons; laboratory confirmation of adequate immunity exists; or due to the conscientiously held beliefs of the parents/guardians or student". Click here to learn more about Minnesota Department of Health information about immunizations: MDH parent information on MN immunization law or MN immunization law exemption provision

Illness:

Communicable illnesses should be reported to the school as soon as possible. The following are guidelines to follow for admittance to school when a communicable disease/illness has been involved:

- Fever over 100 F with illness - Student is not to return to school until 24hrs after the temperature returns to normal without the assistance of fever reducing medications, i.e. Tylenol.
- Gastrointestinal/Stomach illness - 24 hours after the last episode of vomiting or diarrhea which is caused by illness. Reflux causing vomiting is not catchy, students with reflux can remain in school.
- Influenza/ Covid 19/ Respiratory Illness - 24 hours after the temperature returns to normal and feeling well enough to participate in school activities. Lingering symptoms such as cough or runny nose should be mild or infrequent.
- Ear infections - are not contagious, students can return to school when fever is gone, they are able to participate in activities and pain is manageable or gone.
- Strep Throat - The student can return to school 12 hours after antibiotic treatment has started and fever under 100 F for 24 hours without the assistance of fever reducing medication, i.e. Tylenol.
- Conjunctivitis (pink eye) - The student is not excluded unless they have a fever or are not healthy enough to participate in activities.
- Measles- Measles is a serious disease caused by a virus that spreads through the air when someone breathes or coughs. Measles can spread easily, especially in schools, so it's important to know how to prevent it and what to do if someone in your home gets sick. The MMR vaccine is the best way to protect against measles. If your child has obtained an exemption for the MMR vaccine, they could be asked to remain home from school and other activities for 21 days or longer if they are exposed to measles.

If a family member gets measles, or your unvaccinated child is exposed, the school will guide you on how to quarantine (stay home and out of school) and access educational support like homebound instruction to keep everyone safe.
More information about the risks of measles disease and the safety and importance of MMR immunization can be found on Measles Basics (www.health.state.mn.us/diseases/measles/basics.html)

- Head lice- If a student found to have lice in his/her hair the parents will be contacted and asked to treat with lice killing shampoo and comb hair to remove nits daily, 10 days recommended. Parents are responsible for checking other children at home and for implementing control measures to prevent re-infestation of head lice. The school nurse will monitor students returning from having head lice to help prevent the spread of head lice and to support the student's family.

Medications:

It is requested that medications be taken at home if possible. If a medication must be taken during the school day it should be kept in the school office and a medication form must be filled out. There are different forms for medication administration: School Prescription Medication Form , School Consent for Administration of Non-Prescription Medications and Self Administer/Self Carry Non Prescription Medication Form (for 6-12 grade only). These and other forms can be found on the school website under Health Services Forms or at the school offices.

The school does not have a stock supply of any medications. We only have what you provide to us for your student. Medication should be brought to school in the original container.

***All medication administration forms must be updated annually. New forms will be needed before medicine will be given in the new school year, when students come back to school.**

School Health Education:

Countryside Public Health supports MACCRAY schools by teaching health information to our students about a variety of health topics that are age appropriate. Topics like: handwashing, mind up, poison control, social media safety, puberty education, nutrition and healthy snacks, vaping, hygiene, severe weather, and bike safety are taught annually.

I am looking forward to an exciting school year ahead and to serving MACCRAY students and families with a goal of helping students be healthy and in school.

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