



Health is achieved, not guaranteed!

Good Hand washing is a great place to start!

Impetigo - This is the time of year that runny noses abound. What starts as something simple can get complicated. Help prevent a highly contagious skin infection by being pro-active. If your child has a runny nose, wash the area good with soap and water. Applying antibiotic ointment to reddened areas may help. If your child develops thick crusty sores around the nose or mouth ask your doctor or pharmacists to guide you in preventing the spread of impetigo. Unchecked this infection can spread to other sores on the body or to other family members. A child with several crusty sores will be excluded from school. So practice good hygiene and be pro-active. If you would like more information about impetigo (including what it looks like) visit www.nlm.nih.gov/medlineplus/ency/article/00860.htm

Flu Season- Remember to have your child immunized for the current Flu season. Contact your local health department or personal doctor to schedule a flu shot. Coldspring-Oakhurst COISD is participating in a program to help track flu cases in Texas. If your child is diagnosed with the flu or is absent with flu-like symptoms, contact your child's campus clinic to report the illness. **Flu-like symptoms are: Fever >100.0, malaise, muscle aches, cough, runny nose, sore throat, chills and headache.** Children with the flu or flu-like symptoms should be kept home from school. For more information go to www.cdc.gov/flu/

Medication at School- If your child is prescribed medication that is ordered 4 times a day, we can arrange that a dose be given mid-day at school. Medications to be given must come in the original package, be accompanied with a signed note from the parent or guardian, be age appropriate and not expired. Medications will not be sent back and forth each day. Your pharmacist can make you a 'school bottle' free of charge. If you have questions, contact your campus clinic staff.

If you have a topic you would like to see on this page, email me or give me a call. If I can help you with any other health concerns at school, let me know.

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Nursing News * January-February 2007

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Current Trends: As is normal this time of year we are starting to see an increase in the numbers of children who are ill. We are currently seeing what local clinics are calling a viral respiratory illness. It includes a headache, fever and cough in most cases. Some Strep throat has been noticed, but not in significant numbers. We are also seeing 5th's disease, noted easily by a lacy rash on arms and trunk, low grade temp, and a slapped-face look (red cheeks). Children with 5th's disease can attend school unless fever is 100.0 or greater. For more information on this topic, visit the CDC website link:

http://www.cdc.gov/ncidod/diseases/submenus/sub_parvovirus.htm

What can you do to help?

1. Does your child feel well enough to participate in and gain from the educational experience today?
2. Does your child have a fever? If 100.0 or greater, they should be kept home as this is the policy. (**See below about what is meant by fever-free**).
3. If your child is not up to par, but seems well enough to go to school, is there any medications that could be sent to school to help your child feel the best they can? (**See medications at school rules below**).
4. The health of all children in confined spaces is related. By making good decisions for your child, you help all children maintain a healthier baseline.
5. If you have concerns about your child, but do not believe they need to stay home, make it a point to be reachable or have a plan to allow you or a designated person to pick your child up if they should get worse. Due to limitations in bed space and staff, our clinics are not equipped to maintain sick children for long periods of time.

Medication at School- If your child is prescribed medication that is ordered 4 times a day, we can arrange that a dose be given mid-day at school. Medications to be given must come in the original package, **be accompanied with a signed note from the parent or guardian**, be age appropriate and not expired. Medications will not be sent back and forth each day. Your pharmacist can make you a 'school bottle' free of charge. If you have questions, contact your campus clinic staff. The same rules apply to over the counter medications for your child.

Fever Free: Children should be fever free for a period of close to 24 hours to return to school. Fever-free means your child is free of fever without the use of Tylenol or Advil or any other fever-reducer found in many cold and cough medications.

Flu Season- Remember to have your child immunized for the current Flu season. Contact your local health department or personal doctor to schedule a flu shot. If your child is diagnosed with the flu or is absent with flu-like symptoms, contact your child's campus clinic to report the illness. **Flu-like symptoms are: Fever >100.0, malaise, muscle aches, cough, runny nose, sore throat, chills and headache.** Children with the flu or flu-like symptoms should be kept home from school. For more information go to www.cdc.gov/flu/

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Nursing News * March-April 2007

Health is achieved, not guaranteed!

Good Hand washing is a great place to start!

Current Trends: We are finally seeing a swing back to wellness at school. Although there is always some illness, numbers and trends show we are getting past the stomach virus, upper respiratory virus and assorted other complaints. **Our biggest issue right now is all that pollen.** If your child is having trouble with seasonal allergies...do what you can to minimize their symptoms. The following might be helpful:

1. Does your child feel well enough to participate in and gain from the educational experience today?
2. Does your child have a fever? If 100.0 or greater, they should be kept home as this is the policy. **(See below about what is meant by fever-free).**
3. **Medications:** If your child is not up to par, but seems well enough to go to school, is there any medications that could be sent to school to help your child feel the best they can? **(See medications at school rules below).** Select non-drowsy formulas for school use.
4. **Rest:** Children with allergy symptoms don't rest as well. Make sure they are getting extra time to rest.
5. **Fluids:** Give lots of clear or semi-clear fluids. This helps thin secretions. You may want to avoid dairy products, offer juice or good cold water instead. Avoid soft drinks as the caffeine can "clash" with some of the ingredients in medications.
6. **Activity:** Limit outside activities when allergies are acting up. Limit your child's schedule. Cancel non-essential activities until your child is better.
7. **Nutrition:** Make good food choices. Your child may have a decreased appetite or food may not have much taste. Offer small meals with healthy snacks in between.
8. If you have concerns about your child, but do not believe they need to stay home, make it a point to be reachable or have a plan to allow you or a designated person to pick your child up if they should get worse. Due to limitations in bed space and staff, our clinics are not equipped to maintain sick children for long periods of time.

Medication at School- If your child is prescribed medication that is ordered 4 times a day, we can arrange that a dose be given mid-day at school. Medications to be given must come in the original package, **be accompanied with a signed note from the parent or guardian**, be age appropriate and not expired. Medications will not be sent back and forth each day. Your pharmacist can make you a 'school bottle' free of charge. If you have questions, contact your campus clinic staff. The same rules apply to over the counter medications for your child.

Fever Free: Children should be fever free for a period of close to 24 hours to return to school. Fever-free means your child is free of fever without the use of Tylenol or Advil or any other fever-reducer found in many cold and cough medications.

Rashes and Bites: If your child has gotten into poison Ivy or ants and is itchy, apply medication before they come to school. We do not supply any medications for this. Children have a hard time concentrating when they are uncomfortable.

April is a big testing month... Be proactive and work to see your child is at their best. Help keep them well with good nutrition and lots of rest. *April Testing Dates....April 17th, 18th, 19th and 20th.*

Kindergarten Registration for 2007-2008: April 10th – 20th at Street Elementary from 8:30- 12:30 each day. You will need your child's *certified* birth certificate, a copy of all immunizations and social security card. We will also need a copy of the parent/guardians drivers' license.

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Nursing News

September – October 2007



Seasonal Allergies: Seasonal allergies are hitting hard this school year. Pollen counts, Mold Counts and Ragweed Counts are all in the HEAVY category this morning. One or all three of these counts have been in the moderate to heavy range since school started. Do everything you can to minimize the effect this might have on your child.

1. **Treating the symptoms:** Use over-the-counter or prescription medications to treat cough, congestion, runny nose, headache and drainage. **We all know how miserable you feel when your head is full.** Treating the drainage will also lessen stomach upset, as the drainage, especially in small children who don't blow their nose, but sniff, ends up in the stomach and will lead to nausea and sometimes vomiting.
2. **REST:** Rest cannot be over-rated when allergies are present. Children with congestion and cough do not rest well; they also need additional rest to allow the body to function at its best during this time.
3. **Fluids:** Give lots of fluids. This helps thin secretions and is always a good rule of thumb.
4. **Activity:** Stop physical activity outside. Limit your child's schedule. Cancel non-essential activities until your child is better.
5. **Nutrition:** Make good food choices. Good nutrition is always helpful. Remember your child may have a decreased appetite or food may not have much taste. Allow them to make food choices when possible, offer small frequent meals and snacks. You may want to avoid milk and dairy products, offer juice and cold water instead. Avoid soft drinks as the caffeine can clash with some of the ingredients in allergy medications.

Hearing and Vision Screening: We have just about completed the hearing and vision screenings for this school year. If you receive a letter in the mail that your child failed, be aware of the following:

1. This is a state mandated screening
2. Your child was screened twice, with at least two weeks between the screening prior to your being notified.
3. We are required to report to the state yearly those that failed and note if the parent obtained follow-up care. If you do not obtain follow up we REPORT that as well. Severe deficits that are impacting classroom performance will be reported to CPS, if follow-up is not documented.
4. If you receive a letter of a failed screening, make a doctor appointment as soon as possible. Take the letter to the doctor with you; they need to fill out a portion of it. Then send the form back to the school nurse. Until the filled out form is received, we cannot document that follow-up care of received.
5. If you get a referral and have questions, give me your clinic staff a call!

Home Injuries: If your child has an accident at home that results in some type of injury, please do not tell them to go see the nurse upon return to school. **Home injuries should be handled and addressed at home.** If more care is needed than is within your ability to give, you should consult your doctor or visit the local emergency room. If something has happened that you feel will affect them at school, please call your clinic staff and make them aware.

Street-Intermediate Clinic 653-1185

Jr. High Clinic 653-1164

High School Clinic 653-1135