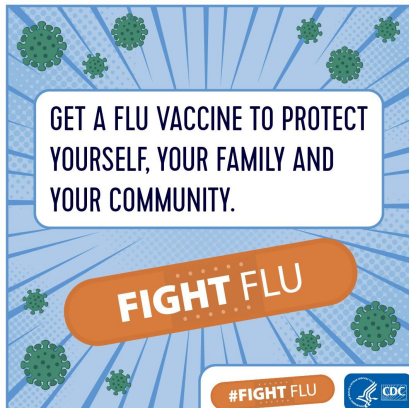


Nurses Notes

November 2020



This year it is more important than ever to get you and your families flu shots! The flu is a contagious virus that typically spreads between October and May. It often affects the elderly, children, and those who have underlying conditions the most severely. It can cause fever, chills, muscle aches, sore throat, fatigue, cough, headaches, and more symptoms. hospitalizations and death.

Covid-19 Updates

Thank you all for taking extra precautions this year and keeping your children home if they are not feeling well. We are following the NC DHHS guidelines. Any child who has cough, shortness of breath/difficulty breathing, loss of taste/smell, fever, and/or chills **MUST** have a negative PCR Covid test (rapid antigen not acceptable), an alternate diagnosis from their healthcare provider (HCP) or quarantine for 10 days prior to their return to school. If a student has been exposed to a positive case, they must quarantine for 14 days.

If somebody is having the symptoms mentioned, they will be considered positive until they are tested, or examined by their HCP. If a student has one of the mentioned symptoms, all siblings must stay home in quarantine until we have the results.

Lastly, please remember people who test positive for Covid-19 are experiencing additional symptoms including sore throat, fatigue, muscle aches, nausea/vomiting, upset stomach and more. Please keep them home and have them examined by their HCP if there is any possibility they may be contagious or potentially have Covid.

If any student is out for symptoms of illness, please have them log-in to remote learning if they are feeling well enough to. Thankfully we have this option this year and we don't want students missing any class time if we can prevent it.

Case Management

If your child has food allergies or a chronic condition and they require emergency or daily medications at school please be sure you have an emergency action plan EAP up to date and a medication authorization form signed by their HCP. All medications should be signed in at the front desk by the parent/guardian and nurse.

Vision Screening

If you feel your child needs a vision screening please reach out to me at jdriscoll@pinespringsprep.org for more information.