

8-8-18

NURSES NOTES by Char Langen, PHN, LSN

Summer is going fast and within weeks your child will be going back to school. As you prepare your child for school, don't forget about the Minnesota School Immunization Law. If your child has a medical reason or you object to shots, you must sign a form and have it notarized. This is kept on file at the school. Please check your school's website for a chart on the shots your child needs for school. If you have questions talk to your Health Care Provider or call the Public Health office at 843-3662 or 1-800-873-1940.

If your child has any medical issues like allergies or needs medication at school, please let me know before school starts. If you see your child's Health Care Provider before school starts, have them sign a "plan" for your child. If your child has an inhaler they allowed to carry it, unless they are too young to handle the inhaler. In this case the inhaler will be kept at the teacher's desk. If your child has an epi-pen, please have your Health Care Provider make an emergency plan for the school.

I am looking forward to a "healthy" school year. Although we know that children get sick. Here are the guidelines for keeping your child home when they are ill:

Fever greater than 100.0, also they must be fever free for 24 hours before returning to school, this is without medication.

Vomiting and or diarrhea in the last 24 hours

Unable to participate in daily activities

Contagious illness or rash

Please contact me with any questions or concerns.