

From the Nurse's Desk



It is the final countdown to winter break! As the weather gets colder (maybe?) and we get deeper into cold and flu season a few quick reminders:

- If your student has a fever, they need to remain home until they are fever free for 48 hours with no medication.
- Cough drops are considered a medication and so, cannot be brought to school without a physician's order and the correct paperwork being given to the nurse. If they are found to be at school without an order, cough drops will be confiscated and returned to parent after school.
- Other medications, even over the counter ones like ibuprofen, Tylenol, or cough/cold medications, require a physician's order and district required paperwork before they can be given at school. They cannot be carried in backpacks or be given by teachers at any time without completing the required steps with the nurse.
- Please keep us notified if anyone in your household is being tested for COVID, or if your student has had contact with anyone that has tested positive for COVID.
- Rapid COVID testing is available to all students within FFC8 and their household members. Please call the nurse for an appointment.

There are a lot of illnesses around this time of year. Even if you feel it is not COVID, please keep your student home until they are feeling better. It is very difficult to concentrate and learn when you are not feeling well. This does not necessarily mean all symptoms must be completely resolved – a cough can last for a long time – please call the nurse and ask if you have any questions or concerns about when your student can or should return.

As it has been so dry lately, there has been an increase in chapped lips and extremely dry hands. Lotion and lip balm are available in the nurse's office. If you would like your child to bring their own, that is OK but please speak to the teacher before sending so they are aware it will be coming. Lip balm and lotion cannot be shared between students because of obvious germ issues, but also because of potential allergies or sensitivities. Please discuss this with your student before sending either lotion or lip balm.

If your student has received both doses of the Pfizer vaccine, please bring a copy of the completed card to the nurse and their vaccination information in IC will be updated. The district practice is that those fully vaccinated (two weeks following the second vaccine) are not required to isolate if they come in direct contact with someone testing positive for COVID while here at school, unless they begin to show symptoms themselves.

These nurse updates are also available on the Eagleside website if you need to refer back to them.

I wish you all a healthy and happy holiday season and look forward to another spectacular semester when we return!