“Every child deserves a School Nurse.”

Welcome to the Health Room at Lettie Marshall Dent Elementary School.

Welcome Back Lettie Dent Families! My name is Catie Bonner and I am so excited to be returning to Lettie Dent as your School Nurse. I am here to assist with your child’s health and wellness needs. I care for children with sudden illness and chronic illness along with first aid for accidents and injuries while at school. I also provide vision and hearing screenings, manage disease control and prevention, perform health counseling, plan for accident prevention, and provide health education.

I am here to assist you and your child to make the most of his or her educational experience.

If there is something I can do for you or your family, please feel free to contact me 301-472-4500 ext-2 or cabonner@smcps.org.

Hand washing is the number one way to stop the spread of disease. Twenty seconds of soap and water scrubbing before meals and after bathroom breaks is a great way to start this healthy habit. Encourage this practice at home.

**Flu News**

Our Flu Vaccination Clinic is October 8, 2013

Our Flu Vaccination Booster Clinic is November 12, 2013

It's sometimes hard to tell the difference between the cold and the flu.

<table>
<thead>
<tr>
<th><strong>FLU</strong></th>
<th><strong>COLD</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sudden onset</td>
<td>Slow onset</td>
</tr>
<tr>
<td>High fever</td>
<td>Mild or no fever</td>
</tr>
<tr>
<td>Severe exhaustion</td>
<td>Mild exhaustion</td>
</tr>
<tr>
<td>Dry cough</td>
<td>Severe or hacking cough</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Throat fine</td>
</tr>
<tr>
<td>Headache</td>
<td>No headache</td>
</tr>
<tr>
<td>Decreased appetite</td>
<td>Normal appetite</td>
</tr>
<tr>
<td>Muscle aches and chills</td>
<td>None</td>
</tr>
</tbody>
</table>

Flu Clinic forms:
Keeping Your Child Well

Your child will perform better in school if he/she has good attendance. To keep your child well:

- Ensure adequate exercise and rest periods.
- Provide proper nutrition including a good breakfast.
- Stress frequent hand washing especially before meals and after using the restroom.
- Encourage good daily hygiene, including brushing teeth.
- Review rules of safe play.

Sick Today…What to do?

While school attendance is vital to your child’s education, a sick child belongs at home. Please review the Sick Day Guidelines below to assist you in making that decision.

The main reasons for keeping your child home from school are:

- If she/he is too sick to be comfortable at school and participate in educational activities.
- If she/he could be contagious and spread disease to other children.

These may include but are not limited to:

- Vomiting and diarrhea
- Fever
- Persistent or frequent cough
- Widespread rash
- Persistent pain (Sore throat, earache, abdominal)
  - A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a special test to determine if it is strep throat.

- Keep your child home until his or her fever has been gone for 24 hours without medication. Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process of your student and expose others unnecessarily to illness.

- If your child does stay home, please make sure to send in a note upon his or her return or use the online absence reporting link on our main webpage. Please refer to the SMCPS Student Handbook for further information regarding the Student Attendance policy

If your child has been diagnosed with pink eye, strep throat, or impetigo, he or she may not return to school for at least 24 hours after the first dose of medication has been given.

Parent responsibilities:

- Please report illnesses to the nurse and/or office when students are absent. There are some illnesses that are communicable that could affect other students and we would like to ensure that proper measures are being taken to prevent the spread of disease.
- Please keep the nurse informed of any chronic health conditions and current treatments.
- Please keep the nurse informed of any special procedures your child may require or reasons you may want to be contacted when your child is in the health room.
- Please keep the nurse/office informed of updated contact numbers in case of emergencies.

## Medication Administration

Specific guidelines are in place for those students who require medication during school hours. Parents must obtain a written order from the attending physician using the appropriate form (PS 109) for both prescription and over-the-counter medications. **Parents are to transport medications to school; no medications are to be carried by students.**

Medication Form links

## Immunization requirements 2013-2014

The School Nurse reviews immunization records, which must be in accordance with Maryland Department of Health and Mental Hygiene.

Required vaccinations for grades K-5 include:
- 4 DPT (diphtheria)
- 3 Polio
- 2 MMR (measles, mumps, rubella)
- 1 Varicella (Chickenpox) or proof of disease (physician documented)
- 3 Hepatitis B

Preschool/Prekindergarten also are required to have:
- Hib – one dose after 12 months of age/first birthday
- Pneumococcal Conjugate – one dose

**Students with incomplete immunizations must have proof of an appointment date for the missing immunizations within 20 calendar days from the date of entrance.**

## School Physicals

In order for your child to enter a Maryland public school for the first time, a physical examination by a physician or certified nurse practitioner must be completed either nine months prior to entering the public school or six months after entering the system.

Link for physical form

## Chronic Health Conditions/Severe Allergies

Please alert your child's teacher and the school nurse of any health conditions that may impact your child's learning, daily activities, and safety at school. Written documentation of such conditions is encouraged.
Seizure form links

Asthma form links

Epi pen form links

Other Resources:

St. Mary's County Public Schools Health Services

St. Mary's County Health Department

Maryland State Department of Health and Mental Hygiene

Center for Disease Control and Prevention