

Netcong School

School Nurse Newsletter

Welcome Back !

As we close in on our first month of school, I want you to know how great it has been to have the children back in school. As we continue to strive to keep your children as healthy and safe as possible, here are few reminders as we continue to navigate through this school year...

Reminders...

- Follow the "You should stay home" as a guide for illness (refer below)
- Anyone who becomes ill in school will be assessed by the school nurse and may be dismissed until cleared based on our guidelines.
- If your child does get ill in school and needs to be dismissed, please have them picked up within 20-30 minutes
- When calling out sick please refrain from terms "sick", "ill" or "out". Be specific in reason for absence
- Guidelines for virtual learning will be followed for students symptomatic of COVID-19 until they may return to school
- All students are to wear masks throughout the day unless otherwise informed by the nurse
- All required vaccinations and/or physicals to remain in school must be in by **OCTOBER 15, 2020**
- If you have an appointment after October 15, 2020 please notify me in writing of the date of the scheduled appointment
- I encourage all children to bring a water bottle with them to school as they are able to have them at their desk to have water breaks throughout the day.



Absences.....

- if your child needs to be absent from school, you must call my office with your child's name, homeroom teacher, nature of absence (specific symptoms)
- if your child shows symptoms of COVID-19 (see below) they can not be in school
- our guidelines will be followed for symptoms of COVID-19
- please follow the proper guidelines for returning to school (see below)
- physicians note must clearly state their alternative diagnosis

You should stay home or will be sent home if you have:

2 Of the Following: **OR** **1** Of the Following: **OR** You have:

Headaches
Body Aches
Chills
Sore Throat
Nausea
Fatigue
Runny Nose

Fever 100.0F or higher
New Cough
Shortness of Breath
Difficulty Breathing
Loss of Taste or Smell
Vomiting
Diarrhea

Been within 6 feet
of someone who has
been diagnosed with
COVID-19 for more
than 10 minutes

When can I return to school?

Positive COVID-19 TEST

You may return AFTER 10 days
AND
At Least 24 Hours NO FEVER
Without taking medicine
AND
Symptoms have improved

NO COVID-19 TEST

You may return AFTER 10 days
AND
At Least 24 Hours NO FEVER
Without taking medicine
AND
Symptoms have improved
OR
Doctor's Note Indicating An Alternative Diagnosis

NEGATIVE COVID-19 TEST

You may return when at LEAST
24 Hours NO FEVER
Without Taking Medicine
AND
Symptoms Have Improved

Close Contact....

If you are deemed "close contact" this means you have been exposed to someone who has tested positive for COVID-19. You will need to remain home for 14 days from last exposure of that person. Also maintain social distancing from others at all times.

IF YOU OR SOMEONE IN YOUR HOUSEHOLD HAS HAD A COVID-19 TEST.

YOU CAN NOT RETURN TO SCHOOL UNTIL THOSE RESULTS HAVE BEEN RECEIVED.

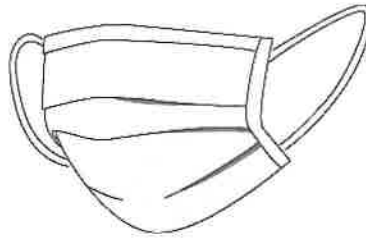
***guidelines are fluid and subject to change on recommendation of the
Morris County Health Department***

Prevent Illness....

Always remember :



**Wash your hands
often ..**



Wear your mask..



social distance..

Flu Vaccinations...

Flu Facts :

- The flu is highly contagious
- While the flu vaccine is only required for **PRE-K STUDENTS**, it is **HIGHLY** recommended that everyone receives a flu vaccine
- People with influenza can spread it to others up to approximately 6 feet away when they cough, sneeze or talk
- During the 2019-2020 influenza season 24-62,000 deaths were attributed to the flu
- You can infect other people before flu symptoms develop and up to 7 days after becoming ill.
- You cannot get the flu from the flu shot!
- The best way to protect yourself against influenza is by getting a flu shot
- The flu vaccine saves thousands of lives each year.
- The flu vaccine is readily available at local pharmacies, medical providers, and local flu clinics
- You can protect yourself and your loved ones by getting a flu shot. Is there an easier way to do something good for yourself and those around you?
- It takes 2 weeks for the shot to take effect so get yours soon!



Questions....

As always, if you have any questions or if i can be of any assistance to your child's healthcare needs, please do not hesitate to contact me.

Thank you all for your continued support and cooperation.



Rachel hall rn , bsn

school nurse

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