

2023-2024 BPES Health Room Information (Updated 4/4/24)

**Pollen Season has definitely arrived!** If your child struggles with allergies, please be sure to give them their allergy medication daily prior to coming to school. Here are some tips from the Mayo clinic on how to manage allergies:

<https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>

Health room is out of snacks for students that have forgotten to bring theirs. Please consider donating snacks to the health room and/or classroom. Thank you!

### **Procedures for Medication at School**

[https://resources.finalsite.net/images/v1688396586/hovercityschoolsnet/u8lhdgwsn6lqibqf1bpt/filedownloadashx\\_3.pdf](https://resources.finalsite.net/images/v1688396586/hovercityschoolsnet/u8lhdgwsn6lqibqf1bpt/filedownloadashx_3.pdf)

### **Parent Medication Authorization Form-PPA**

[https://resources.finalsite.net/images/v1688396589/hovercityschoolsnet/weefevaep4ecqu6zb4jp/filedownloadashx\\_6.pdf](https://resources.finalsite.net/images/v1688396589/hovercityschoolsnet/weefevaep4ecqu6zb4jp/filedownloadashx_6.pdf)

### **Keeping Your Child Home Due to Illness or Injury**

<https://resources.finalsite.net/images/v1710771298/hovercityschoolsnet/xuetoqhdivrdt1cvrnis/Whento.pdf>

### **COVID-19 Guidelines for Hoover City Schools**

If your child is confirmed positive, please contact your child's Health Care Provider and follow their guidelines. Student is to be fever free for 24 hours without medication on board prior to returning. Please notify Nurse Melanie in order to record and monitor for outbreaks.

### **Information regarding Lice**

I wanted to send home some information regarding head lice. Unfortunately, head lice are a problem that every school has to deal with, but working together we can do our best to keep lice under control.

First, please understand there is nothing to be ashamed or embarrassed of when talking about lice. Any family can experience head lice. I have listed some easy steps that you can take at home to help prevent or control head lice.

- Check your child's head every Friday night for lice or nits. The lice are fairly easy to spot, but the nits (eggs) can be difficult to see. They can often be confused as dandruff but the main determining factor is that the nits can NOT be wiped away. To remove the nit, you must grasp it between your fingernails and pull it off the hair strand. Discard any nits in a sealed Ziploc bag and put in the bag in the garbage. If any nits or lice are found, the hair must be treated with a lice shampoo and combed thoroughly with a nit comb. You must continue to comb through the hair and discard nits for two weeks after treatment.
- Keep your child's hair back away from their face. For students with long hair, we recommend keeping the hair pulled back in a ponytail, braids or a bun. It also may be helpful to use hairspray on your child's hair once it is pulled back. It is hard for lice to stick to hair with hair products such as hairspray or gel.
- Encourage your children not to share hair brushes, hats, hair bows, etc. Also encourage them not to "play" with each other's hair. This is an easy way for lice to be transferred from one student to another.
- If your child does have lice please be sure to inform me. Communication is the key to keeping the lice under control. If there is ever an outbreak of lice in your child's classroom you will be notified.