



PCS School Nurse Newsletter

By Kristin Bianchi, BSN RN PHN CSN

There are several important announcements and reminders that I would like to bring to your attention before we head into summer break:

KAISER PERMANENTE® presents

stay safe

ER visits peak in the summer months.

Avoid these five common summer-related accidents and illnesses.

- 1 sunburn**
Use a sunscreen with an SPF of 30+ and reapply every two hours
- 2 dehydration**
Drink plenty of water and avoid sugary, caffeinated and alcoholic drinks
- 3 burns**
Use caution when dealing with flammable liquids, open flames, campfires and even barbecues
- 4 outdoor injuries**
Wear appropriate attire and safety gear during activities like bike riding and hiking; water recreation should be monitored by an adult who knows CPR
- 5 food poisoning**
Don't eat food left out of refrigeration for more than one hour when the temperature is above 90° F

1. **Please remember to pick up** all student medications from the nurse's office, as they will be discarded after the last day of school.
2. **Keep the school updated** of any changes to your child's health.
3. If your child needs to take any type of medication during the school day, **PRESCRIPTION OR OVER THE COUNTER, we need a Medication Authorization** form filled out by your child's healthcare provider. These forms can be picked up at your school or downloaded from [here](#).
4. The nurse team has a [google site](#) where you can find newsletters, information on immunizations, health forms, and other services that are provided and/or required..

Thank you all for your continued support. We all wish you a safe and healthy summer....can't wait to see you in August!