

## Take a look at some important clinic reminders below...

- **BIRTHDAY TREATS:**
  - I highly encourage sending **NON-EDIBLE** treats with your student to share due to an increase in food allergies
  - Remind your student to **NEVER** share snack or lunch items with friends for health and safety reasons
- **WEATHER COOLING OFF:**
  - Make sure you send your student with a jacket or hoodie for recess and **LABEL** them so they don't end up in lost & found
  - Students go outside for recess until the temperature drops below 25 degrees!
- **FLU SEASON IS HERE:**
  - We've entered into Flu season and are starting to see Influenza numbers on the rise, as well as a GI virus and COVID. Strep is always going around.
  - Make sure your student is getting proper sleep, hydration and nutrition.
  - Talk to your student about good hand washing before eating and before touching their face. They should never drink after other individuals or share food.
  - Remember the **24 HOUR RULE:** Students must be fever/vomiting/diarrhea free for 24hr without the use of medication before returning to school.
  - If your student is seen by their physician and tests positive for Influenza, COVID or strep reach out to me for reporting and guidance purposes.
- **MEDICATION IN CLINIC:**
  - If your student will take daily medication, has Asthma, Anaphylactic Allergies, Seizures, Diabetes or a G-Tube, please remember to print the **REQUEST TO ADMINISTER FORM(s)** or **ACTION PLAN(s)** from the LISD **HEALTH SERVICES** web site and see your physician for **NEW SCHOOL PHYSICIAN ORDERS for 2023-2024**. This paperwork must be dated after **JUNE 1st** and will be required prior to the clinic accepting any medication.
- **IMMUNIZATIONS:**
  - If I sent you a letter needing **IMMUNIZATIONS**, please forward updated documentation to me ASAP! The first exclusion day is **November 13th**.
  - If it is nearing time to renew your **EXEMPTION** from Immunizations for Reasons of Conscience Affidavit, please order new forms @ <https://corequest.dshs.texas.gov/>.
    - REMINDER: We can **ONLY** accept originals, not copies.
- **REMINDERS:**
  - Don't forget to keep **EXTRA CLOTHES** in your students backpack or locker! This will keep you from having to run some up to the school if the need arises.
  - Don't forget to **LABEL** all items. (*clothes, lunch boxes, water bottles, etc*)
  - Don't forget to send a **WATER BOTTLE** to school with your student every day!
  - **SAVE** my clinic number in your phone so you don't think I'm a telemarketer if/when I call you. **(512) 570-5527**. **FYI:** I always leave a voicemail so hang-ups are not me trying to reach you!

- **CHANGES TO CONTACT INFO OR MEDICAL HISTORY:**
  - Has your phone # or email address **CHANGED** or anyone on your emergency contact list?
    - If the answer is yes, please contact the registrar Amanda Rosensteel at (512) 570-5513 or [amanda.rosensteel@leanderisd.org](mailto:amanda.rosensteel@leanderisd.org)
  - Has your student's medical history **CHANGED** or have they started medication?
    - If you need to update me on changes you may go to the menu on the [Health Services](#) webpage. We have added a button labeled "**Student Health Information Update**" that will take you directly to a google form. Once completed, it will automatically be emailed to me so I can update your student's information.
- **COVID-19:**
  - If your student has **TESTED POSITIVE** for COVID
    - They will need to isolate for five days from symptom onset or positive test, whichever came first
    - Please complete this [FORM](#)
  - If your student is **EXPOSED** to COVID
    - They may come to school but we recommend they wear a mask and symptom check twice daily for 10 days
    - If they become symptomatic, they are considered presumptive positive and must isolate for five days, test negative or get an alternate diagnosis
  - If your student has **SYMPTOMS** consistent with COVID but no known exposure
    - Consider isolating to prevent the unintended transmission of the virus to others as recommended by the CDC
    - Consider seeking medical guidance from your health care provider
    - Consider testing as recommended by the CDC (*must stay home while awaiting test results!*)

**Have a great weekend!**

**Nurse Wendy**