

# SCHOOL NURSE NOTES

Welcome to our school health information page!  
Wishing you a safe & healthy school year.  
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Update on H1N1 Flu:  
H1N1 Parent letter  
H1N1 MPS Plan  
www.flu.gov  
Fight the Flu poster

**Remember, the best defense against illness is thorough and frequent hand washing with soap and warm water! Always cover a cough or sneeze into your inner elbow area to stop the spread of germs! Stay home if your are ill! Do not return until you are 24 hours free of a fever without the use of over the counter fever reducers. Stay home until you are 24 hours free of vomiting or diarrhea. Stay home until you have taken your antibiotic for at least 24 hours.**

## **Required Kindergarten immunizations:**

All students must present evidence of immunizations as required in the Mass. General laws, Ch 76, Sec. 1; specifically prohibits admitting a student to school without a certificate showing that the child has been successfully immunized against Measles/Mumps/Rubella, Polio, Hepatitis B, Diphtheria/Tetanus/Pertussis, Haemophilus Influenza type B, and Varicella, unless religious or medical exemptions apply. Children who are not fully immunized against these vaccine preventable illnesses are not allowed to attend school. A physical with a lead screening date is also required upon entering Kindergarten. These forms are due before the first day of school. These immunizations are also required of any new student transferring into our school system.

## **Health forms available for printing:**

Confidential Student Health and Emergency Information: this form is due the first week of school. It is held in the school nurse office. The information contained on this form includes: emergency phone numbers, permission for medication administration, and student allergies and conditions.

Medication forms: There are 3 forms: Parents must sign 2 forms, the medication administration form and the parent permission form and return it immediately. The doctor must fill out and sign the physician permission form and return it within 10 days. For returning students, these forms are sent home at the end of the school year to be completed over the summer, then returned the first day of school. For any new student, the forms may be picked up, sent home, or printed from this site. If your child has medication at school, please send in 2 wallet sized or smaller pictures of your child for identification purposes.

Asthma Action Plan: The pediatrician may have these forms available to them, or may print them from this site. These forms are very helpful to guide us in the treatment of your child's asthma.

**Learn about the Lincoln School Asthma Group!**

**Health information**

Wash away the germs: [www.bam.gov/sub\\_yourbody\\_buzzonscuzz.html](http://www.bam.gov/sub_yourbody_buzzonscuzz.html)

At the same site, also click on the nutrition and safety information.

Go to School or Stay Home?

An Ounce of Prevention Keeps the Germs Away

Protecting against skin infections

Backpack Safety

**Web links to health related information:**

American Academy of Asthma, Allergy & Immunology: [www.aaaai.org](http://www.aaaai.org)

American Academy of Pediatrics: [www.aap.org](http://www.aap.org)

Asthma & Allergy Foundation of America: [www.aafa.org](http://www.aafa.org)

Asthma center: [www.kidshealth.org/parent/centers/asthma\\_center.html](http://www.kidshealth.org/parent/centers/asthma_center.html)

Children's health: [www.childrenshospital.org](http://www.childrenshospital.org)

Food Allergy & Anaphylaxis Network: [www.faan.org](http://www.faan.org)

Mass Dept. of Health: [www.mass.gov/dph](http://www.mass.gov/dph)

Melrose Health Dept.: [www.cityofmelrose.org/departments/health.htm](http://www.cityofmelrose.org/departments/health.htm)

Nutrition & Exercise: [www.mypyramid.gov](http://www.mypyramid.gov)