

# NHE HEALTH



## Nurse Carbajal's Health Tips

September 2020

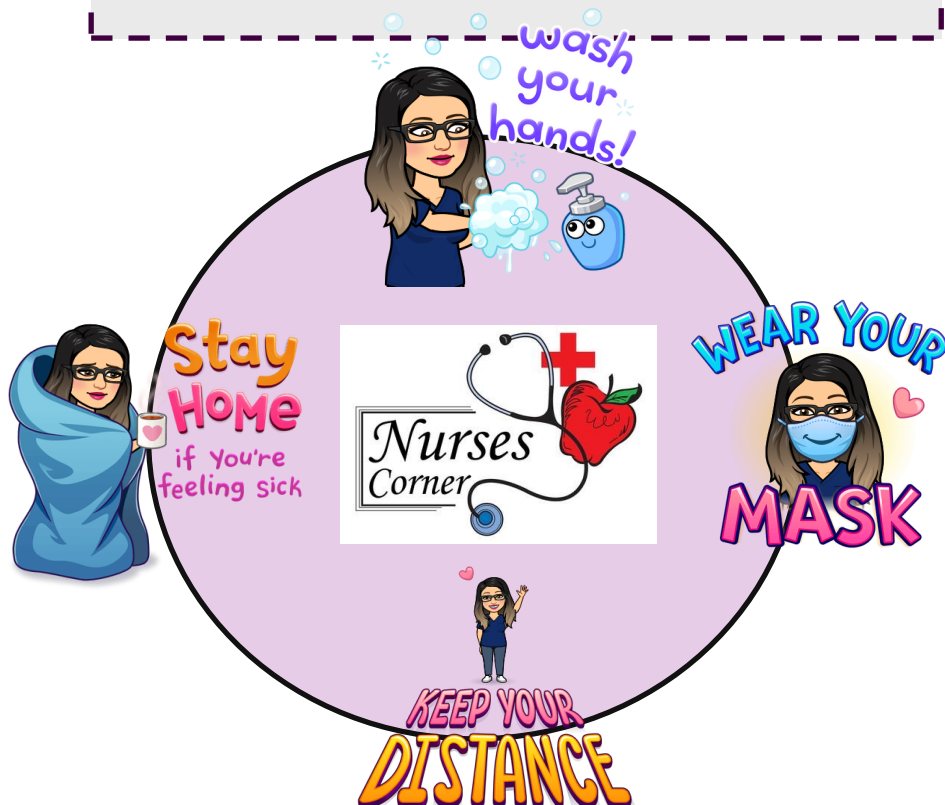
Dear NHE Parents and Students,

As we begin a new school year with much anticipation and excitement, we can't help but worry over the many concerns and questions related to the current Covid-19 crisis. Please know that at SFDR we strive for your child's safety and well-being as our top priority. We believe that with your help we can make this year a successful and enjoyable one for you and your child. As your school nurse, it is my goal to keep you informed by providing you with healthful tips and information related to the health of your child. Below is a link that may be helpful in preparing for your child's first day of school if you have chosen the in-person or hybrid model as well as those student that have chosen to remain at home.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>



*The Nurse's Corner*



### **IMPORTANT**

- ⇒ **If your child has been exposed to Covid-19**
- ⇒ **If your child has symptoms of Covid-19**
- ⇒ **If someone in your household has tested positive for Covid-19**
- ⇒ **If you are unsure of your situation related to Covid-19**

**Please make sure to keep your child home and contact the School Nurse for further information at**

**(830) 778-4779**

Email: [alicia.carbajal@sfdr-cisd.org](mailto:alicia.carbajal@sfdr-cisd.org)  
Direct Phone number : (830) 778-4779



# NURSES OFFICE Q & A

## Q: WHEN SHOULD I KEEP MY CHILD AT HOME?

A: Your child may need to stay home to prevent the spread of illness if any of the following are present:

fever of 100.0 or greater	impetigo or scabies
earaches or sore throat	unexplained rash (rashes need a doctors note to return to school)
vomiting	severe toothaches
diarrhea	red irritated eyes or yellow "crusty" discharge
open sores on the body (scratches, cuts and bruises not included)	<b>Or if any symptoms of Covid are present. See page 3</b>

## Q: WHAT IF MY CHILD MUST TAKE MEDICATION AT SCHOOL?

A: This year is unique due to our current situation with covid and the need for social distancing. When needing to drop off medication please contact the school nurse at **(830) 778-4779** to make an appointment for drop-off.

- \* Medication given during school hours will ONLY be administered by the school nurse, a substitute nurse or trained personnel
- \* All medication to be given at school MUST be in its original container (prescription or over the counter)
- \* All prescription medication MUST have a current pharmacy label for that student with an order from the Doctor (pharmacy label must match the Doctors order)
- \* All over-the-counter medication given during school hours MUST be accompanied with a permission note from the parent/legal guardian with a date and time to be given.
- \* **SCHOOL PERSONNEL CANNOT GIVE MEDICATIONS FROM MEXICO OR ANY OTHER COUNTRY.**

## Q: DOES MY CHILD NEED TO HAVE HIS/HER IMMUNIZATIONS UP TO DATE:

A: In order to remain enrolled, your child must have his/her immunizations up to date, contact the school nurse if you have questions regarding your child's status. <https://www.dshs.texas.gov/immunize/school/default.shtm>

## Q: WHO SHOULD BE AWARE THAT MY CHILD HAS A MEDICAL CONDITION?

A: If your child has been diagnosed with a chronic medical condition, please contact the school nurse since you may be asked to provide further documentation from your child's doctor in order to provide the best care possible for your child. If your child has an established medical condition with the school please provide an annual update to the school nurse.

## Q: WHAT HEALTH SCREENING WILL BE CONDUCTED ON MY CHILD?

The State of Texas requires that vision, hearing, height, weight, scoliosis and acanthosis nigricans at certain grade levels. You will be notified if a problem is detected. Due to the current Covid-19 pandemic there may be changes to screenings.



# COVID-19 SYMPTOM CHECKER!

## SYMPTOMS OF CORONAVIRUS (COVID-19)

Know the symptoms of **COVID-19**, which can include the following:



CS318285-A

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms->

**VAL VERDE COUNTY & CITY OF DEL RIO**  
**DEL RIO FREE**  
**COVID-19 TESTING**

**COMMUNITY WALK THROUGH TESTING**

**WHEN:**  
SEPTEMBER 2ND  
1 PM - 8 PM  
SEPTEMBER 3RD  
8 AM - 4 PM

**WHERE:**  
DEL RIO CIVIC CENTER  
1915 VETERANS BLVD.

**WILL TEST:**

- WE ENCOURAGE: STUDENTS GOING BACK TO SCHOOL AND EMPLOYEES THAT HAD EXPOSURE IN THE WORKPLACE
- NO SYMPTOMS REQUIRED
- FIRST COME FIRST SERVE

**WILL NOT TEST:**  
PREVIOUS POSITIVE COVID-19 TEST  
-NO RETESTS

**EOC COVID-19 Community Hotline:**  
830-775-2313





**Val Verde County COVID-19 Hotline:**  
830-282-0899





## Mrs. Rivas' Toolbox for Self-Care



Keep a Positive Attitude



Go for a Bike Ride



Play Outside



Play a Sport



Listen to Music



Do Yoga



Have a Mindful Minute



Take Deep Breaths



Listen to your Inner Coach  
- do your best!



Laugh with Friends -  
VIRTUALLY!



Draw



Do Something you Love



Journal



Read a Book



Talk to Someone



Take a Break