



# RBB HEALTH



## WELLNESS WEDNESDAY

September 9, 2020

Dear RBB Parents and Students,

As we slowly transition into in-person instruction for those that have chosen that option, we will focus this Wednesdays Wellness tip on masks. Masks have become part of our new normal, but children do not always understand the reasons for needing to wear a mask while in public. Below is a link to some great tips on how to acclimate your child to wearing a mask.

<https://kidshealth.org/en/parents/coronavirus-masks.html>



*The Nurse's Corner*

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Below is the link to a fun read aloud about masks called "Lucy's Masks" Book by Lisa Sirkis Thompson

<https://www.youtube.com/watch?v=7IAcNzTVbTA>



### **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) 778-4115**

PLEASE WEAR A MASK



Email: [priscilla.gomez@sfd-r-cisd.org](mailto:priscilla.gomez@sfd-r-cisd.org)  
Direct Phone number : (830) 778-4115



# 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 [\(830\) 778-4115](tel:8307784115) 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:



Cough, shortness of breath, or difficulty breathing



Fever or chills



Muscle or body aches



Vomiting or diarrhea



New loss of taste or smell



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

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

