

# Health Note

From the School Nurse

- **Virus:** fever, aches, chills, tired, headaches, stomach upset. Push the water and allow plenty of rest. Monitor fever and treat with Ibuprofen and Tylenol altering times. Keep your student home from ALL activities until 24 hours fever free. This just needs to run its course.
- **Stomach virus:** headache, nausea, vomiting, diarrhea. Push the water and allow for rest. Eat a bland diet (Banana, rice, applesauce, toast). Keep your student home from ALL activities until 24 hours after the last time they threw up. Use good hand washing.
- **Strep throat:** fever, sore throat, swollen tonsils and redness, swollen lymph nodes, nausea. Take your student to the Doctor to be treated. Student must stay home from ALL activities until 24 hours after being treated. Push the water and allow for plenty of rest.
- **Allergies:** headache, ear pain, sore throat, coughing, sneezing, stuffed up nose, upset stomach from drainage. Push the fluids. Can treat with an over-the-counter antihistamine. Consult with your Doctor prior to starting.
- **Head lice:** Please continue to check your student's hair for any nits or live lice. If you find any, please treat right away. If you need anything please contact me. Please, remind your student to not share hats, combs, hair things, etc. to prevent getting any unwanted lice.

\*\*Why is it important to notify the School Nurse of any medication changes or medical changes? The reason this is so important is so we can take the BEST care of your student. We have your students for 8 hours of the day and want to make sure that we are taking care of them. If we do not know the whole story, we can't take care of them in the best way possible. Anytime there is a change please let me know.\*\*\*

***You are free to choose, but you are NOT free from the consequences of your choice. Walk in such a way that you know you are LOVED.***

Blessings,

Elizabeth Sheldon, RN

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# Healthy Habits

1. Eat breakfast everyday
2. Drink plenty of water- 4 (8oz a day)
3. Get at least 60 minutes of exercise everyday
4. Eat fruits, veggies, protein, grains, and dairy.
5. Limit the processed food
6. Sleep at least 8-10 hours of sleep
7. Unplug from electronics everyday

Ask your student about Body Venture!