



KINDERGARTEN HEALTH NOTES

HEALTH OFFICE SCHEDULE: I am the license school nurse for Middle School, Eastview Education Center and Nature Based Program. My schedule allows me to visit all 3 sites on a regular basis. Health Paraprofessionals are assigned to each health office. Lindsey Paggen, LPN, will be covering Eastview elementary. Her hours are 8:20 am-3:20 pm and Lindsey's direct number is 763-272-2926.

MEDICATION POLICY: When it is necessary for your child to receive **prescription medication** (inhalers, epinephrine, daily ADHD medications, etc...) during school hours, the medicine must be in its original container and a form must be completed by the prescribing physician (these can be faxed to us at 763-272-2909). Also, we will need written parental permission. **Over the Counter (OTC) medication** (acetaminophen, ibuprofen, etc...) can be administered with written parental permission only. It must also be in its original container that includes dosage and directions. We will not, however, administer any OTC medication beyond the recommended pediatric dosage without a physician's written approval. Also, aspirin or any other product not recommended for children will not be administered. All medications, vitamins, and supplements must be FDA approved.

SCHOOL REPORTING OF DISEASES: Schools in MN are required to report certain diseases to the Minnesota Department of Health (MDH). Some of these include Chickenpox, Shingles, Pertussis, Measles, Mumps, Rubella, Diphtheria, Tetanus, Polio, Viral Hepatitis, Covid, and Influenza. **It is important to notify school whenever your child is diagnosed with a communicable disease.** We also keep track of strep throat and pneumonia so please let us know so we can better care for all the students at school.

FOOD ALLERGY OR INTOLERANCE: Food reactions have become increasingly common, but many are caused by a food intolerance rather than an allergy. A food intolerance can cause some similar signs as a food allergy but to a much lesser extent; People often confuse the two. If you have a reaction after eating a particular food, see your doctor to determine whether you have a **food intolerance** or **food allergy**. If your child has a food allergy, you may be at risk for a life-threatening allergic reaction (anaphylaxis) even if past reactions have been mild. If you have a food intolerance, your doctor may recommend steps to aid digestion of certain foods or to treat the underlying condition causing your reaction. Please let the health office staff know if your child suffers from either of these.

WELLNESS RESOURCE: The Wellness on **Wheels (WOW) van** travels to the Monticello High School 1-2x/month. If you are having insurance concerns and you need basic health care services, including immunizations, please contact them for an appointment. Their number is 763-682-7516. A fee may be charged but will vary on service(s) provided.

Kelly Barrow, RN, BSN

Licensed School Nurse 763-272-2920