



Watauga County Schools

Dear Parent or Guardian:

School Health Services is proud to be a part of the team effort that supports student success in our county. Please utilize the following information to ensure that your child has a safe and healthy 2020/2021 school year.

Watauga County Schools uses CareDox, which is an Electronic Health Record to collect your student's health information. Parents/Guardians will receive an annual enrollment email from "noreply@caredox.com" beginning on August 11, 2020. The information gathered on this digital health platform is utilized by the school nurse to identify any healthcare needs that will help us best support your student in the school setting and/or in an emergency. This information may include but is not limited to chronic health conditions, allergies, medications, care plans or other pertinent health matters. It is important that enrollments are completed and/or update regarding your student's health information as soon as possible but no later than September 11, 2020. If you do not have an email listed in Powerschool or your email has changed, please provide this information to the school Data Manager ASAP

We want you to be aware of Watauga County Schools' policy on medication administration. If your child should require any medications (prescribed and/or over the counter) during the school day, you along with your health care provider must complete a medication authorization form. This form can be found on CareDox, your school's web site or by visiting your child's school. Medication orders should be uploaded by the parents on CareDox before medication is brought to the school. All medication orders require physician and parent signature. The policy regarding medication administration can be accessed by visiting your school's web site at: www.wataugaschools.org or a written copy will be provided upon request.

Information on Watauga County Schools' health policies, current health updates, medication at school, educational information and illness prevention can be found on each schools webpage. You will find medication authorization forms and Emergency/Individualized Health Care Plans on CareDox. We hope that you will utilize these web pages as a means of working together to promote the health and wellbeing of your student. Working together, we can promote the health and wellbeing of your child and ensure students obtain the maximum educational benefit while at school.

To maintain a healthy school environment please use these guidelines on **when to keep your student at home**. The main reasons for keeping your student home from school are he/she is too sick to participate comfortably or he/she may spread a contagious disease to other students. When you are in doubt about sending your child to school, consult your doctor. Your child should not return to school until fever/symptom free for 24 hours without the aid of medication.

Fever >100 F: Should stay home until there is NO FEVER for 24 hours WITHOUT MEDICATION.

Diarrhea & Vomiting: Should stay home with one event of watery diarrhea or vomiting.

Persistent Coughing: Should stay home if cough is worse than you would expect with a cold.

Sore Throat: Should stay home if sore throat with fever or severe sore throat without fever.

Pinkeye: Should stay home if eye is red with cloudy or yellow drainage.

Persistent Ear Pain: Should stay home if severe or recurrent ear pain.

Chickenpox: Should stay home until all bumps are scabbed and no new bumps have shown up in 2 days.

Impetigo: Should stay home if red, oozing blisters with yellow scabs on body or face.

Scabies: Should stay home with scabies itching and rash for 24 hours after treatment begins.

Head Lice: Should stay home until the removal of all live lice using a lice killing product or procedure, as well as eggs (nits) and egg cases within ½ inch from scalp.

Covid-19: Guidance on when to stay home can be found at https://files.nc.gov/covid/PHT-ScreeningReferenceGuide_6.30.pdf



Watauga County Schools

BACK TO SCHOOL: Important Information to Keep Students Healthy and Safe

VACCINES

Watauga County Schools would like to encourage all parents to make sure your child's vaccines are up to date. You can find more information about age appropriate vaccines at <https://www.immunize.nc.gov/> or contact your school nurse for additional guidance.

INFLUENZA (The Flu)

Influenza (the Flu) is a viral infection that can cause illness ranging from mild to severe and to life-threatening complications. Symptoms of the flu include fever, headache, extreme tiredness, muscle aches, dry cough, sore throat and runny, stuffy nose. Children sometimes also have nausea, vomiting, or diarrhea. Flu is spread through respiratory droplets from a cough or sneeze, or from droplets on unwashed hands. Vaccine against Flu is available every year beginning in October through your private physician and at the Watauga County Health Department. The vaccine is recommended for people at high risk for complications of the flu, (the elderly and those with chronic illnesses, including asthma) and people in close contact with them (this includes household contacts). When vaccine supplies are in good supply flu shots are also available for children and adults in the general public.

MENINGOCOCCAL MENINGITIS (Garret's Law)

Meningitis is an infection of the fluids and covering of the brain or spinal cord that can be caused by bacteria. While viral meningitis is fairly common, and people usually recover fully, bacterial meningitis is very rare, but much more serious. Meningitis is spread by close exchange of saliva and respiratory secretions through sharing of drinking glasses, cigarettes or kissing. Symptoms of bacterial meningitis include severe headache, high fever, nausea/vomiting and stiff neck. Symptoms can worsen very quickly. Children with any of these symptoms should be checked by a doctor right away. A vaccine against bacterial meningitis is available through your private physician and the Watauga County Health Department. One dose for individuals is required entering the 7th grade or by 12 years of age whichever comes first. A booster dose for individuals is required entering the 12th grade or 17 years of age beginning August 1, 2020.

Community Acquired (CA-MRSA): METHICILLIN RESISTANT STAPHYLOCOCCUS AUREA

CA-MRSA, Methicillin Resistant Staphylococcus Aureus is an infection, caused by skin bacteria, that usually starts as a pimple or boils on the skin, and is very hard to clear up without very special antibiotics. CA-MRSA has become a growing problem among athletes who are involved in contact sports, (football, wrestling), and those using athletic equipment that is shared. Important tips about CA-MRSA for athletes and all those who use athletic equipment such as mats and weight rooms include: **Everyone** should wash hands frequently with soap and water. **All athletes** should shower thoroughly with soap immediately after work-out or practice. **Athletes should** wash all athletic clothing and towels after each use. **Do not share personal items. Carefully self-check** all skin daily for rashes, pimples or boils that get worse instead of better. Always report rashes, open sores, pimples, and boils to the team trainer or the school nurse. If sores get worse, even after repeated washing with soap and water, the student should be checked by a doctor or health care provider. Avoid body contact with others or with shared equipment if rash or pustules are present. All skin sores should be covered with an adhesive bandage and clothing for athletics. Do not participate in contact sports until released by a doctor.

Human Papilloma virus (HPV)

HPV is a common virus that is spread from one person to another by close intimate contact. There are about 40 types of HPV that can infect both men and women, and can raise the risk of cervical cancer in women. The virus lives in the body and usually causes no symptoms, but some people may develop a visible growth or bump. Most people with HPV do not know they are infected which is why males and females can pass it on without realizing it. A vaccine is available that can protect males and females (ages 9-26) from four major types of HPV. For more information about HPV vaccine, check with your private physician or the local Health Department.

More information is available at: Watauga Co. Health Dept.: www.ADHA.org, NC DHHS: www.immunizenc.org, WCS: www.wataugaschools.org