

School Nurse Newsletter

Healthy, Safe and Ready to Learn

Quarter 1: 8/14/25-10/10/25

We recommend your student keep an extra change of clothes in their backpack or locker, in the event of unexpected wardrobe needs.

Medications at School

It is best for medications to be given at home. When that is not possible, medication can be given at school.

- **Prescription Medications (including epi-pens and inhalers):**
 - General Medication Administration Form MUST be completed and signed by the doctor and the parent/guardian before any medication can be given at school.
 - Medication MUST be in the original container.
 - Students are not permitted to carry their own medications unless it is an emergency medication, and authorized by their doctor with documentation is on file
- **Over-the-Counter (OTC) Medications:**
 - For students to receive any OTC medications, complete the section in Final Forms.
 - Non-medicinal measures will be provided as the first line of treatment, before administration of OTC medication.
 - Students are not permitted to carry their own OTC medications.
- **Special Diets and Medical Treatments**
 - Students with special diets such as pureed foods, tube feedings, thickened liquids, food allergies or intolerances, etc., OR, need medical treatments, must have a doctor's note on file detailing what must be done at school-if anything- to accommodate the students needs.

Dates to Know

August 14th- First Day of School

August 28th- Immunization Documentation Due Date

Text Notifications

To receive text reminders and communications from the nurse, scan the QR code or text the message @6c3a79 to the number 81010



Immunizations

If your student is not up to date on their school required immunizations, you should have received a letter in the spring. You may also call the nurse to ask.

Contact Information

Phone: 740-599-7000 ext. 2006

Email: johara@ekschools.org

Fax: 740-599-2922

Health Clinics and Immunization Centers

- **Knox Public Health and Community Health Center**
 - Sick Visits, Physicals, Immunizations and Dental
 - 740-399-8008
 - Multiple locations in Knox County
 - Foster Pharmacy Walk-In Clinic for same day appointments
- **Nationwide Children's Hospital School Based Health Center**
 - Sick Visits, Physicals and Immunizations
 - 740-326-5120 option 3
 - Location: Mount Vernon High School adjacent to the Career Center Upper Lot
 - Open to all Knox County students, ages 0-21

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Illness and Injuries

- **Fever (100.4° or higher)**
 - May return when fever-free for 24 hours without the use of fever-reducing medication (i.e. acetaminophen [Tylenol], ibuprofen [Motrin]).
- **Vomiting and/or diarrhea**
 - May return when they have not vomited or had diarrhea for 24 hours.
- **Pink Eye**
 - May return when they have been on an antibiotic for 24 hours.
- **Infectious rash (Impetigo, Ringworm, Scabies, etc.)**
 - May return after being on an effective antibiotic for 24 hours.
- **Lice**
 - May return after a completed lice treatment, must not have any live lice.
- **Concussion**
 - If diagnosed with a concussion, may return to school as recommended by medical provider; must have a medical note when they are cleared to safely return to P.E., athletics and other activities.
- **Injury requiring use of crutches/wheelchair/walker/scooter**
 - May return with a doctor's note indicating the need for assistive devices, elevator pass and exclusion from P.E.
- **Injury resulting in inability to participate in P.E.**
 - May return to school but must have a medical note to be excused from P.E.

For short term medication that must be given during school hours (antibiotics, steroids, etc.):

1. General Medication Administration Form MUST be completed and signed by both the prescribing doctor AND the parent/guardian.
2. Medication must be in the original container.
3. If the above 2 items cannot be met, the student cannot receive their medication in school by the nurse. A parent/guardian will have to come in to give the medication. **NO EXCEPTIONS.**

Please help us keep everybody healthy and do not send ill students to school for the nurse to send home with a medical note. Your child needs to rest and we will see them when they feel better!

Student health and safety is our priority.

Looking forward to another school year caring for your children!

-Nurse Jenn

