**Nursing Notes**



**Summer Reminders from the School Nurse**

**Medication Pick-up:** Parents of students who have medication stored in the health room should pick it up by the last day of school, June 24. All medication (pills, epi-pens, inhalers, etc.) not picked up will be discarded. Please plan ahead to pick medication up so it is not wasted! Medication may not be carried home by the student -- it must be picked up by a parent. School nurses will not be available after June 23 to return medication to families.

**Medication Order Reminder**: All medication orders expire at the end of the school year. If you are visiting your child’s health care provider during the summer, consider requesting a new medication order your child. All medication, prescription or over-the-counter, requires an order. The Medication Permission Form and the Medication Policy are both available online at http://newtonma.gov/gov/health/school.asp

**West Nile Virus and Lyme Disease Prevention:** Newton residents were diagnosed with both Lyme Disease and West Nile Virus last year. Take steps to avoid getting sick!

* Mosquito repellant not only works for mosquitoes, but helps repel ticks as well. Use a repellant with DEET, and follow label instructions for concentrations appropriate for children.
* Avoid being outdoors during peak mosquito hours, particularly once West Nile Virus has been detected in the mosquito population.
* Remove containers around your home (tires, kid pools, pots, tarps) that could allow mosquitoes to breed.
* Check your body for ticks after being outdoors and remove them immediately to avoid disease transmission.

**Shoo the flu!** Seasonal influenza vaccine will be offered this fall during the school day to students and employees. Both the flu shot and the nasal spray flu vaccine will be available to all students in Kindergarten through grade 12, by parental consent only. Consent and screening forms will be posted at [www.newtonma.gov/flu](http://www.newtonma.gov/flu) by mid-September, in preparation for the October/November clinics. Insurance information will be requested, but all students are welcome to receive the vaccine at no charge.

Stay happy and healthy this summer,

Sue