**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 23, 2016. 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 for 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://www.newtonma.gov/gov/health/school\_health/default.asp

**West Nile Virus and Lyme Disease Prevention:** Mosquito and tick-borne diseases like West Nile Virus and Lyme disease occur in Newton residents. 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 fall clinics. Insurance information will be requested, but all students are welcome to receive the vaccine at no charge.

The flu clinic date for Bigelow Middle School will be **Wednesday, November 9, 2016**. Forms (available in Sept.) will be due to the school nurse by Monday, November 7, 2016. This schedule is confirmed unless the flu vaccine supply is delayed, in which case the school nurse will notify families of an alternative date once the vaccine arrives.

Stay healthy and have a great summer!

Sue