

School Nurse Notes
May/June 2011

Medications at school

Please remember to have an adult pick up any remaining medications your child may have at school on June 9, the last day of school. The school cannot send medications home with students. Medications not picked up on the last day will be disposed of.

Summer doctor appointments

Now is a good time to schedule those summertime appointments for physicals, immunizations, and medication orders. **Medications orders** (for medications your child needs to take during the school day) **expire at the end of each school year.**

Ticks

They are here!

Please remember to check family members for ticks, after outside work and play, especially after being in tall grasses and wooded areas. Remove ticks right away as the longer they are attached, the more likely they are to transmit disease. Call the doctor if a rash or flu-like symptoms develop within a few days to a few weeks following a tick bite. Mark the calendar when one is removed/ with family member's initials and location of bite.

Head Lice

Don't give them a vacation! Please continue to check for head lice. No student wants to start the new school year with them! If you have questions or concerns during the summer, you may call the Dorchester County Health Department 410-228-3223, or 410-228-7714 x 127.

First Aid Kit

Make one up and take it with you on family outings. A large zip-lock bag with a few assorted bandages, some alcohol based hand sanitizer, paper towels, tweezers, and even some acetaminophen (age appropriate doses) is a good start. And especially don't forget medications and supplies for those with special health needs. Take along a small cooler with some ice and drinking water.

Sunscreen

Buy a fresh supply, and use it, along with a wide brimmed hat. Sunburns hurt and can lead to skin cancer.

Take care and have a great safe summer ☺

Carolyn Hallowell RM

School Health Supervisor

Dorchester County Health Department

