



## *The Nurse's Corner*

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### **End of School Year Reminders**

We are nearing the end of the school year so a few reminders for those with medications and medical needs at school. If you have any medications at your child's school, please remember to pick those up from the school before the end of the year. Also please remember that medication forms need to be updated when school starts for any medical needs (epi pens, inhalers, medications, etc). Summertime is a great time to get these forms to your doctor so you can bring the completed forms and medications to the school so everyone is ready to go when school starts. If you need a copy of the correct form for your doctor contact your school or school nurse.

### **School Vision Screenings**



Just a reminder that vision screenings were done this school year and if your student didn't pass their distance vision screening, you should have been notified by your school nurse typically through a note in your child's backpack or in the mail. It is our hope that you'll take your child in to see an eye doctor as soon as possible. If you need assistance to cover the cost of an exam or glasses, there are supportive programs available. Ask your school nurse for details when you receive the referral notice. We've seen such great results in the schools when kids receive the eye care and support that they need. The sooner an eye condition is addressed, the better the long-term results for your child! Utah law states that student eye exams occur at in public schools in Preschool, Kindergarten, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup>, and 9<sup>th</sup> or 10<sup>th</sup> grade.

We know that you know your child best! We know you want the best for your child. A child's ability to see greatly impacts her or his ability to learn. If you notice any of the following symptoms at home, it may indicate your child needs to be seen by an eye doctor: tilts head, squints, closes or covers one eye when reading, blurred or double vision, sensitivity to light, skips over or leaves out small words when reading, rereads or skips lines unknowingly, holds book too close or leans too close to a computer screen, thrusts head forward or backward while looking at the board, rubs eyes or blinks during or after reading.

April/May 2022

# Is it a Cold or is it Allergies causing your Symptoms?

A cold is an infection caused by a virus. Allergies are your immune system's reaction to a substance like pollen or pet dander. Because the two conditions cause similar symptoms, like sniffles and stuffiness, many people get them mixed up. Knowing which is which can help you get the right treatment, and that will help you feel better faster.

## Allergies

1. Your mucus is clear or watery.
2. Your eyes are itchy or watery.
3. Your symptoms stay the same.
4. You have had sniffles for more than a week.
5. Your symptoms show up in certain situations or places.



## Cold

1. **You have a cough, low fever, headache or mild body aches.** Exception to the rule: Allergies can sometimes trigger a cough from post-natal drip or if you have asthma.
2. **Your symptoms change every few days.** You may start out with a fever and stuffy nose, then have a sore throat for a few days, or get a cough or sinus pain before getting better.
3. **Your mucus becomes yellow, green or thick.** As immune cells fight back against the cold virus, they can make your mucus discolored or thick.

**Treatment for Allergies:** Talk to your doctor about treatment. They may recommend you to see an allergist to have skin testing. That involves putting allergens on your skin to see if they cause a reaction. When you know what you're allergic to it's easier to avoid it or prepare for a situation where you'll be exposed to it. They may also want you to take an antihistamine if needed.

**Treatment for a Cold:** If your cold symptoms get worse over time or don't clear up after 10 days then you may want to see a doctor. Though drinking lots of fluids and taking over-the-counter medications can make you more comfortable. There's no cure for a cold. It gets better on its own. If yours lingers, or your symptoms become severe—For example, your sore throat becomes so painful that you can't swallow—go to the doctor to get checked out.

<https://www.webmd.com/allergies/sinuns-nose-tool/allergies-or-cold>

Reminder that if you have a Kindergartner or 7<sup>th</sup> grader next school year please be sure to complete the immunization requirements before school starts. You can find the Utah School Immunization School Requirements at:

<https://immunize.utah.gov/school-early-childhood-program-requirements/school-early-childhood-immunization-requirements/> .



All living things need water to survive! In fact, water and milk are all the drinks kids need. Try to avoid the hype that is marketed towards kids and drink options because they usually contain way more sugar than what is needed and contribute to poor health. These are drinks such as juice, soda, and flavored milk. It is recommended that children 4-8 years old drink around 5 cups of water a day and children older than that drink 7-8 cups of water a day.

Water doesn't have to be boring! Here are some ways to get your water in and make it fun and enticing: Infuse your water with fruits, cucumber or mint; have fruits and vegetables that are high in water content on hand (cucumbers, lettuce, celery, watermelon, blueberries, etc); Freeze fruit inside ice cubes to add to your water, and have special cups or water bottles for each individual.

Dehydration can occur if we don't drink enough water in a day. Watch for symptoms such as fatigue, no tears when crying, dry mouth or chapped lips, irritability, less urination, headaches, nausea, and flushed skin. If you have concerns about dehydration, reach out to your doctor.



Scan Below for the **English** Application for Free and Reduced Lunch for the  
2022-2023 School Year



Scan Below for the Spanish Application for Free and Reduced Lunch for the  
2022-2023 School Year

