



## Back to School information from the School Nurse

September 2020

Dear Cambridge Families:

Welcome back to what promises to be a unique school year. Please read the following information carefully and hold onto this letter for your reference. Do not hesitate to contact your school nurse if you have any questions or concerns.

**Medications** All medications including epi-pens and inhalers require a Medication Consent Form, completed by your child's health care provider and signed by the parent/guardian.

*Note: Electronic signatures are acceptable.*

- All medications must be delivered by a parent/guardian or other designated adult in the original pharmacy labeled bottle. Please do not send medications with students under 18 years old. Please call your school nurse to arrange a time to drop off your medication. She will receive the medication outdoors or will meet you by the principal's office
- Please count all controlled substances in advance and note the number of pills. Your school nurse will recount the medication in the presence of another school staff member and contact you if the numbers don't coincide.
- If at all possible, administer daily medications at home before the beginning of school day or after your child arrives home. Students will no longer be going to the health office for medications-the school nurse will deliver the medication to your child. Older students may carry their own **albuterol inhalers and epi-pens**. Please contact your school nurse directly regarding diabetes management and insulin administration.

**Immunizations** In addition to the typical immunization requirements for school entry/attendance (please see the CPS website under *Health Registration Requirements*), the state of Massachusetts is now mandating that **all** children who attend Massachusetts schools receive an influenza vaccine by December 31, 2020, unless either a medical or religious exemption is provided.

- A meningitis booster (MCV4) is now required for students entering 7th and 11th grade
- If your child is not vaccinated due to medical or religious exemptions, you must submit this in writing. Per recommendation of the Massachusetts Department of Public Health, **religious exemptions must be renewed on a yearly basis**. A letter from your child's health care provider is required for medical exemptions.
- Cambridge Department of Public Health will be offering **Flu Vaccine Clinics** beginning in October 2020. Check local media, the CPHD and CPS websites for updates.
- **Teen Health Center** at CRLS offers immunizations and other health care services for students between the ages of 12-24 years old. Please call 617-665-1548 for more information.



**Health Screenings** All state mandated health screenings have been suspended for the 2020-2021 school year. They include the following:

- **Vision and Hearing**
- **Postural Screening**
- **SBIRT training**
- **Heights and Weights/BMI screening**
- **Dental screenings**, provided by the Cambridge Department of Public Health, have been suspended as well

**Daily Health Checklist** Please review these symptoms of COVID-19 with your child(ren) before sending them to school on a daily basis. If any of these symptoms are present, contact your child's health care provider and **please do not send your child to school.**

- **Cough** (not due to other known cause such as asthma or chronic cough)
- **Difficulty breathing or shortness of breath**
- **Fatigue in combination with other symptoms**
- **Fever of 100.0 F or higher, chills or shaking chills**
- **Headache in combination with other symptoms**
- **Muscle aches or body aches**
- **Nasal congestion or runny nose** (not due to other known causes such as seasonal allergies) when in combination with other symptoms
- **Nausea, vomiting or diarrhea**
- **New loss of taste or smell**
- **Sore throat**

**If your child becomes sick at school** Any child who becomes ill, regardless of symptoms will be seen by the school nurse immediately, who will contact the parent/guardian for pickup

- It is vital that you come to pick up your child as soon as possible
- If it is not possible to come in a timely fashion within a 1/2 hour, please make sure you have a backup plan for pick up, in advance.
- For students who may exhibit symptoms of **COVID-19**, an additional "**Get Well Room**" will be maintained apart from the school nurse/health office. The "**Get Well Room**" will be equipped with HEPA filtration units, exhaust vents and/or access to open windows.
  - Students will be supervised by a trained medical assistant who will be in close contact with the school nurse until the caregiver arrives.

Students who have symptoms of COVID-19 are able to be tested in the "**Get Well Room**". Caregivers will need to sign a consent form for this in school testing. Please be sure to watch for this consent form which will be sent out to all families in the coming



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weeks.

- Nurses will notify the main office and arrangements will be made for pickup as soon as possible.

Please don't hesitate to contact your school nurse if you have any questions or concerns.  
Thank you.

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