

Health Office

- ★ My Contact :
- ★ 781-455-0452 x52111
 - kerry_bickford@needham.k12.ma.us

- ★ **Flu shots are required for all students by December 31st.** All children need complete immunization records in every cohort-including full remote. Please send in these records to the health office via email or hard copies or the health portal (haven't opened that yet for everyone-but I'm working on it).
- ★ Updates will be posted on the [Needham Public Schools health services website](#).
- ★ All students (including fully remote) need to send in emergency cards with updated emergency contacts- please return the following school day.
- ★ Please plan to have your child picked up from school within 45 minutes of my call home.
- ★ Find emergency contacts that will be available and provide 4 emergency contacts.
- ★ If your child is new to Eliot (either kindergarten or new to the district) it is a requirement that I have an updated physical- dated 9/2/19 or newer. If your child is in 3rd or 4th grade please send me their physical form. Physicals will state *this is a physical that can be used for school* on the form (not the summary of a physical or a link to their health portal). Make sure your child is up to date on their immunizations - all doctor offices are open and doing physicals and vaccinations.
- ★ **I have more time to spend with the children (the best part of my job) if all the forms are sent in- I truly appreciate your diligence in getting all the required forms to me- these are required by the state of Massachusetts.**

Take Care of Yourself
Take Care of Others
Take Care of Our School

Please perform a [daily symptoms check](#) on your student each day before school

Symptoms of COVID-19

- ★ - Fever (temperature over 100°F) and/or chills
- ★ - Cough
- ★ - Sore throat
- ★ - Difficulty breathing
- ★ - Fatigue, *when in combination with other symptoms*
- ★ - Headache, *when in combination with other symptoms*
- ★ - New loss of taste/smell
- ★ - New muscle aches
- ★ - Nausea and/or vomiting
- ★ - Diarrhea
- ★ - Nasal congestion, *when in combination with other symptoms*

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When your student's ill overview:

If your student will be absent because he/she/they are sick or not feeling well:

- ❖ email eliot_office@needham.ma.us and call my office 781-455-0452 x52111 so we can discuss the illness and the return to school plans.
- ❖ If you are emailing a teacher with a health related issue, include me on the email.
- ❖ Do not send your child back to school without talking to the nurse.
- ❖ Contact me during school hours.
- ❖ We need to know if someone at home has COVID or if your child was a close contact of someone with COVID or if your child has symptoms and/or is awaiting a COVID test result. (more info next slide)
- ❖ Even if your child is remote, if they are ill the school nurse still needs to be called and notified.

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If your child.....

Has symptoms of COVID-19

- Keep them home, notify school nurse, and call their healthcare provider for evaluation and referral for COVID-19 PCR test

Tests positive for COVID-19

- Will be called by Public Health Department or NPS Health Services
- Will need to isolate and remain home until cleared by Public Health (10 days and fever free for 24 hours off of medications and improvement of symptoms)

Has been identified as a close contact:

- Must quarantine for 14 days, should be tested for COVID-19 and must stay home regardless of test results. If develops symptoms, call healthcare provider to be retested

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Reminder....

If your student or someone in your household has been diagnosed as COVID 19 positive, the department of public health will contact you. Please be sure to answer their call, as your student must be cleared by them before he/she/they can return into the school building.

It may take a little time for you to get the call- please follow your health care provider's instructions and remain quarantined.

You must also have your child cleared by the school nurse for a return to "in person" school.

**If you or your student requires a COVID-19 test, a PCR test is the recommended test.*

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If you plan to travel outside of Massachusetts please follow [the COVID 19 travel order.](#)



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If your child has seasonal allergies you may want to speak with your doctor to see about having your child start allergy medicine before symptoms develop.



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We need your help, this is how you can help:

- ★ Send your child to school with 2 masks (one is a back up). No vented masks, gaiters, or bandanas will be permitted per NPS policy. Explain to your child the importance of wearing the mask to keep themselves and other people safe and that the mask must cover their face **and** nose. Do not send your child with their mask on a lanyard (this is not permitted and is not considered a clean way of carrying your mask around). Have your child have their mask on prior to exiting the car on the drop off line. Remind them not to tug or play with their mask.
- ★ Ask your child “how did you do wearing your mask today?” This reinforces the importance to your child and gives them positive reinforcement.
- ★ Face masks should fit your child correctly- be snug fitting, not too tight-not too loose. Be washed daily and a clean one used each day and not shared (think of underwear).
- ★ **Assess your child’s health each morning - Every child should have a temp check done at home prior to leaving for school. Temp over 100 = stay home and call me.**
- ★ Adhere to the NPS illness guidelines
- ★ Avoid unnecessary trips to school for forgotten items-give paperwork for the nurse to the teacher to put in my mailbox- do not instruct them to deliver to the nurses office.
- ★ Email Eliot to report any absences and call the nurse if the absence is due to a health related issue.
- ★ Did you know there is a COVID hotline? Dial 211 on your cell phone
- ★ Please Be patient! We are trying our best during this time and if we work together we can keep the children, teachers and staff safe!

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Thank you

