

Notes from the Nurse.....

.....Greetings!

PHYSICAL EDUCATION RESTRICTIONS

- Students who need to be excused from physical education for an extended period (more than one week) are required to bring a written excuse signed by their medical provider. The medical exemption should specify the nature of the health condition and the length of time the student is to have restricted activity.
- Students are required to follow the medically ordered activity restrictions until the date the doctor indicates they may be lifted, or a dated note from the doctor indicating that the student may return to regular activities.
- We all want students to return to the fun and health activities that Ms. Springer and Ms. Lee offer, but we need to make sure that students are safely returning to activities after injuries and have been cleared by their physicians. Thanks for your understanding and cooperation.

COLD WEATHER

- We are finally getting chillier weather! Please send your children to school dressed appropriately in pants and with sweatshirts/coats/outerwear. Remember, if there is a school emergency, your child may be outside in the elements. Always be prepared!



SORE THROAT OR STREP THROAT?

	STREP THROAT	SORE THROAT
Cause	Group A streptococcus bacterium	Most commonly rhinoviruses: may be viral or bacterial
Symptoms	red and white patches in the throat, difficulty swallowing, tender or swollen glands (lymph nodes) in the neck, red and enlarged tonsils, headache, lower stomach pain, fever, general discomfort, uneasiness, or ill feeling, loss of appetite and nausea, rash	runny nose, stuffy nose, cough, hoarseness, and red eyes
Treatment	Antibiotics (no longer contagious after 24 hours of antibiotic therapy)	No treatment, but can treat the symptoms with salt water gargles, cough drops.
Prevention	Handwashing!	Handwashing!
Incubation (period of time between being exposed to a disease and developing symptoms)	2-5 days	2-3 days (may be up to 7 days)

