A letter from the School Nurse

East Henderson High School

Hello, East Henderson High School families! My name is Ann Thomas and I am your school nurse here at EHHS.

First, you are welcome to call me any time during the school day if you have any needs, concerns, or questions. You can usually reach me by calling the front office at 828-697-4768 and asking for the school nurse. You can also call or text me on my cell phone at 828-545-4316 or by email at abthomas@hcpsnc.org.

Medical Care Plans and Daily Medication:

If you have any medical concerns for your child, please reach out to me and I will walk you through the process of getting the needed care for your child while they are at school. Each student is unique, and I would love to help develop a medical plan for your student if needed to make this year a success. Examples of possible conditions benefiting from care plans include diabetes, asthma, seizure disorders, allergies, migraines, POTS, ADHD/ADD, and anxiety.

Care plans and medication authorization forms must be completed each school year. We must have a form signed by a parent/guardian *and* a Primary Care Provider for **ALL** medications (including non-prescription medications including any nasal sprays, pain relievers, vitamins, etc.). If your child may require any medications at school, please contact me for the correct form. This form is also available on the HCPS website. Search for Medication Administration Form.

Over the Counter Medications:

Your student may come to see me at any time (with teacher permission) during the year with any medical concerns. There may be times when your student may benefit from an over-the-counter medication to assist in being able to complete the school day. In order to give approved OTC medicines, there needs to be an **Over-the-Counter Medication Authorization Form** on file complete with parent/guardian signature**.** This form needs to be completed for your student each school year. Contact me for the form.

When to stay home:

Per county guidelines, please **do not** send your child to school if they have any of the following symptoms:

- **Fever** greater than **100.4**. Once the fever is gone for 24 hours, without giving the child any fever reducing medicines (Tylenol, ibuprofen, Advil, etc.), your child may return to school.
- **Throwing up** (2 or more times in 24 hours) or having **diarrhea** (3 or more watery stools in 24 hours). Your child needs to stay at home for at least 24 hours *after the last time* they threw up/had diarrhea.
- Has been diagnosed with an **infection** (ex. pink eye or strep throat). Once they have been on antibiotic medication for 12 hours -OR- you have a doctor's note to return to school, your child can come back to school.

Thank you for helping me keep your student, and every student at the school, as healthy as possible! Again, feel free to reach out to me if you have any questions or concerns.

Ann Thomas MSN, RN - School Nurse – East Henderson High School– Henderson County Department of Public Health. Cell Phone: 828-545-4316, School Phone: 828-697-4768