

Health Office Info 2022-2023

Stephanie Kedersha RN, BSN
973-836-4579 (office)
skedersha@ichslodi.org




The Basics...



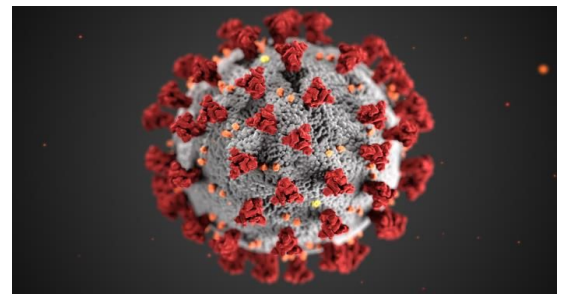
© Can Stock Photo

- Available to see students as needed for any illness, injuries, or medical questions.
- Annual health screenings (Ht, Wt, BP, Vision, Hearing and Scoliosis)
- As usual, students may not possess or take ANY medications in school. The only thing allowed is an inhaler for asthma, as long as I have the correct paperwork on file from your doctor. All other meds can only be given by me with proper paperwork on file.
- Any injuries at school or during school sponsored sports must be reported to me.
- If you don't feel well during the day, please ask to come see me ASAP. Don't call home first to ask for a ride home. I will allow you to call from my office.
- If you are out sick, you may not return to school until **fever-free for 24 hrs**(without the use of fever-reducing medicine such as Tylenol or Advil) and **no vomiting or diarrhea for 24 hrs.**

The Basics continued...

- I follow up on **ALL** absences. A parent needs to call you out by 8:30 am. A reason for the absence must be given by parent.
 - Doctor's notes are required in order for an absence to be considered *excused*.
 - More than 8 *unexcused* absences may result in loss of credit for a course.
 - Physical exams are required for **ALL** students and are valid for 365 days.
 - Although early dismissals are highly discouraged, if you have one scheduled, please have a parent call ahead of time (24 hours, if possible).
Seniors may sign self out if a parent calls me.
 - Please keep me up to date on any changes in your medical history such as new allergy, medical condition/surgery, vaccinations, or medication changes.
- 

Covid-19...




- This year, we will be treating Covid-19 like other contagious viruses that we have always had, such as flu. We want to prevent the spread, while remaining in school as much as possible.
- If you are diagnosed with Covid-19, you will need to remain home for 5 days. Day 0 is the day you first started symptoms.
- If you are feeling better and have no fever for > 24 hours, (without use of Tylenol or Advil) you may return to school on Day 6 with mask wearing strongly encouraged for Day 6-10. If you still have symptoms, you may return when symptoms are improved for 24 hours.
- As with any absence, a doctor's note will excuse the absences.
- The most important thing is **STAYING HOME WHEN SICK!**

Covid-19 changes...

- Quarantines are no longer needed for exposed individuals.
- Social Distancing and cohorting is no longer needed.
- Testing of asymptomatic individuals is no longer recommended.

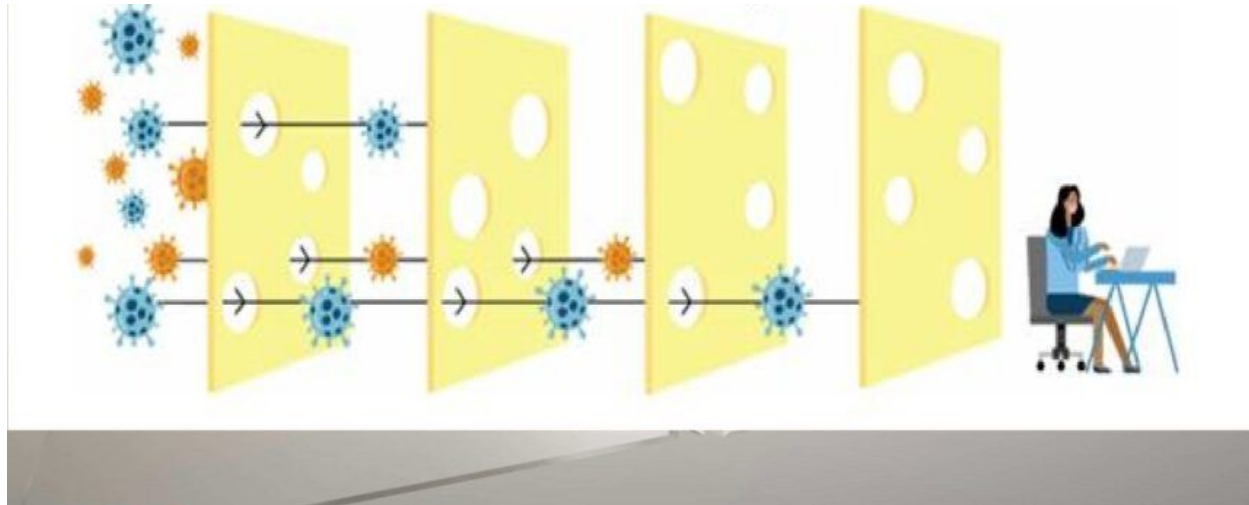
Covid-19 things NOT changing...

- Still stay away from others if you are sick.
 - Handwashing remains the #1 way to decrease transmission of all illnesses.
 - Respiratory etiquette is more than just good manners.
 - Testing is a useful tool when you are sick.
 - Wearing a mask is still optional at school.
- 


What we are doing...

The same as last year, we will use a **layered** approach to our mitigation strategies to prevent the spread of any illness.

The Swiss Cheese Model helps to explain why we need many strategies.



Layered prevention (Swiss Cheese Model) at IC...


- Staying home when sick
 - Screening ourselves before coming to school
 - Handwashing
 - Respiratory etiquette (covering coughs/sneezes)
 - Cleaning/Disinfecting as usual
 - Ventilation (open windows when we can, go outdoors when possible)
 - Testing for Covid-19 when needed and recommended by doctor.
 - Encouraging vaccinations/boosters if recommended by your doctor.
- 

Screening...

PRIOR TO COMING TO SCHOOL : We ask all faculty, staff, and students to conduct a personal health check from the Daily Symptom Checklist Below

- Do you have a Fever (100.4 or higher)?
- Do you have a Cough and/or Shortness of Breath?
- Do you have a Sore Throat?
- Do you have Chills?
- Do you have a Muscle Aches or Rigors?
- Do you have a Headache?
- Do you have New Loss of Taste or Smell?
- Do you have Abdominal Pain, Nausea, Vomiting, or Diarrhea?
- Have you been Diagnosed with COVID-19?
- Are you awaiting test results for Covid-19?

If you can answer **YES** to any of these questions, **STAY HOME** and contact the School Nurse.



Handwashing 101...

Handwashing remains the **#1** way to prevent the spread of illnesses



Wash hands frequently for 20 seconds (it's longer than you think).

Aim hands down toward the sink as you rinse the soap off. This prevents the dirty/contaminated water from coming up your arms, etc.

Use a paper towel to turn off water and to open the door if needed.

Hand sanitizer with at least 60% alcohol is acceptable as well.



Masks...



shutterstock.com • 1695190435

- Wearing a mask or not remains an individual decision. There will be no judgement either way from any faculty, staff or students.
- It is important to wear a mask Day 6-10 after a confirmed Covid-19 infection.



What I ask from you...



- Take care of yourselves (mentally and physically).
- Stress and anxiety is not good for any of us. Take time each day for some relaxation techniques.
- Healthy diet is the fuel we need for our busy lives. Eat a colorful diet! Lots of fruits and vegetables.
- Exercise is a natural stress reliever.
- Sleep is extremely important for our mental and physical health. 8-10 hours is needed for teenagers.



Questions...

Things are changing everyday. We will keep up with all of the changes and adjust our plans as needed.

Looking forward to a great year!

Questions?????

