

## FROM THE SCHOOL NURSE

### Before school opens

Plan to visit your child's doctor for immunizations and a physical exam.

State requirements are:

- 4 Polio
- 5 DTP or DTap
- 2 MMR
- 1 Varicella
- 3 Hepatitis B

Note: Students will not be admitted unless immunizations are up-to-date.

### Physical Exam

- Is required before entering first grade.
- Is recommended before entering Kindergarten to screen out any health problems.
- Have your doctor fill out the Health Examination form and return it to your school.

**Call your family doctor for a check-up today!**

---

### For Health

1. Keep your child home and call the doctor (as needed) for:
  - sore throat
  - ear ache
  - nausea/vomiting
  - oozing sores
  - any contagious disease (strep throat, chicken pox, flu, mononucleosis, impetigo, etc.)
  - red, inflamed eyes
  - fluid in ears
  - stomach ache
  - severe poison oak
  - coughing
  - fever/chills
  - skin rash
  - lice, scabies
2. Contagious diseases, lice and scabies must be reported to the school immediately to prevent re-infection.
3. At school, if your child becomes ill or is injured, we will give first aid and contact you if needed. Please be sure the school has a number where you or a friend can be reached at all times in case of any emergency.