

Hello from Nurse Mindy!



Seattle School nurses are here to support students and families during remote learning and are working to prepare for a safe return to in-class education. Feel free to reach out with any questions.

Mindy Elbaum MN RN NCSN (she/her/hers)



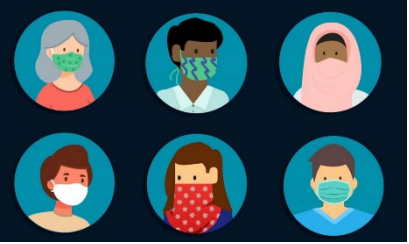
School Nurse





mlelbaum@seattleschools.org

Tele 206.252.9207

Fax 206.743.3142

Important Health Information for the New School Year

Category	Details
<p>Immunizations Up to Date?</p> 	<p>If you received a letter from Health Services about immunizations your student needs for school, please make sure they receive the immunization(s) listed in the letter. Send the immunization record to the school nurse or have your health care provider fax the record to the nurse. Immunization requirements can be found at this link.</p>
	<p>Flu Shots Help Save Lives!</p> <ul style="list-style-type: none">• Visit a drive through clinic hosted by Seattle Visiting Nurses. Students and families are welcome!• Contact a School Based Health Center (students only)• Offered at some pharmacies• Schedule with your health care provider
<p>Be Covid Smart!</p> 	<p>Know How to Limit the Spread of Covid-19 and Practice These Steps:</p> <ul style="list-style-type: none">• Avoid close contact with other people• Cover your nose and mouth with a mask when around other people• Wash your hands frequently• Keep hands away from your face• Stay 6 feet apart from other people• Cover sneezes and coughs• Use the Public Health SCAN program if you worry your child may have symptoms

<p>Health Updates</p> 	<p>Please report any health issue your child has that could impact safety and learning.</p> <p>Complete the Annual Student Health Update form by:</p> <ul style="list-style-type: none"> • Visiting the Source or • Complete a paper copy included in the back to school packet • You may also contact the nurse directly by phone or e-mail.
<p>Register Your Student for a School Based Health Center!</p> 	<p>Your child can go to ANY School Based Health Center within the district. It's free!</p> <p>Locate a School Based Health Center near you using this link or this interactive map to find the one closest to you.</p>
<p>Medication Form</p> 	<p>Prepare now for our return to school by asking your health provider to complete the Authorization for Medications Taken at School.</p> <ul style="list-style-type: none"> • Each medication requires its own form • Your health care provider must sign the form • You must sign the form <p>This is required for ALL medications.</p>
<p>Medication</p> 	<p><i>When we are back in school</i> all medications must be in their original container with a pharmacy label. Emergency medications must be in the building on or before the first day of school.</p> <p>*Check medication expiration dates! Try to get medications that that will last the entire school year.</p>

Resources linked in the article

Immunization requirements:

https://www.seattleschools.org/district/calendars/news/what_s_new/student_vaccination_requirements

Drive through Flu Clinics: https://www.seattleschools.org/departments/health_services/flu_clinics

Public Health Scan Program for COVID-19: <https://scanpublichealth.org/>

Annual Student Health Update:

<https://www.seattleschools.org/cms/One.aspx?portalId=627&pageId=18624#healthupdate>

List of King County School Based Health Centers Open During Remote Learning:

<https://kingcountyschoolhealth.com/2020/09/03/sbhcs-are-here-to-serve-you-during-remote-learning/>

Interactive map of King County School Based Health Centers:

https://tableau.kingcounty.gov/t/Public/views/KingCountySchool-BasedHealthCenters/Dashboard1?iframeSizedToWindow=true&:embed=y&:showAppBanner=false&:display_count=no&:showVizHome=no&:origin=viz_share_link

Medication Authorization Form:

<https://www.seattleschools.org/cms/One.aspx?portalId=627&pageId=18624#medications>