

# FROM

# THE CLINIC



## Greetings from the Clinic

*Safety and wellness is my primary goal for students at Echo Lake.*

*We have had a great start.*

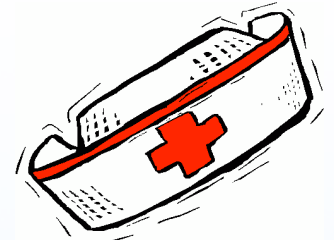
*If you have a child that has health concerns, please let us know so we may be able to provide a safe learning environment for him/her.*

*In the next few weeks we will be doing hearing and vision screenings on our kindergarteners, and third graders. Our fifth graders will also have their vision checked this year.*

### **Medication**

*If your child needs to receive medication at school, here are the guidelines:*

- 1. For prescription medicines: A physician's signature as well as a parent's signature is required. The medication must be in the original pharmacy container with the pharmacy label intact.*
- 2. For "over the counter medicines" (Advil, Tylenol, etc.) please fill out a form (with parent signature) in the clinic and bring medicine in a new unopened package for school use. Medicines must be in the original store container within expiration date. Parents must transport the medications to and from the clinic.*



### **FIELD TRIPS**

On field trips, each teacher has a red book bag to carry any first-aid supplies or individual medicine that may be needed for students.

### **VISION AND HEARING:**

If you feel a need to have your child's vision or hearing screened, in 1st, 2nd or 4th grade please send in a note. We will gladly screen your child.

### **IMPORTANT INFO:**

If any information on your child's clinic card needs to be changed, please send a note with your child's name and his/her teacher's name stating the new information to be added. (example: phone numbers or authorized pick ups. etc.)

IS MY CHILD SICK?  
SHOULD I SEND MY CHILD TO SCHOOL  
OR KEEP HIM/HER HOME?  
WHAT IS THE CRITERIA FOR SENDING A  
CHILD HOME SICK FROM SCHOOL?

If your child has a fever, diarrhea, is vomiting or has an excessive cough, please think of others and keep them home.

Your **child will be sent home** from school if the following is applicable:

1. A fever of 100.4 or higher
2. Vomits
3. Diarrhea
4. Excessive coughing
5. See HCPS web site for more information on county policies. <http://www.henrico.k12.va.us>

Your child must be fever free without medication or free from vomiting or diarrhea for 24 hours before returning to school.

**It is important that you keep your information up to date, in case we need to contact you in an emergency, for a sick child, or notify you of a problem, we can reach you quickly.**

The clinic serves many functions here at school. Please send a note to me if there are concerns that need to be addressed or changes to be made. If you have questions, please call. Any time you have a health issue, it is important that I know what is going on so that I can serve your child in the best possible manner.

Washing your hands is one of the best ways to keep from spreading germs. Here is a simple idea to help your child be sure to wash thoroughly.

1. Soap up your hands
2. Sing Happy Birthday twice while you wash
3. Rinse under running water
4. Don't forget between your fingers/fingernails
5. Dry really well to avoid chapping in winter

HAPPY WASHING!

Linda McGuire  
Clinic

If you have any questions, please contact:

Linda McGuire,

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