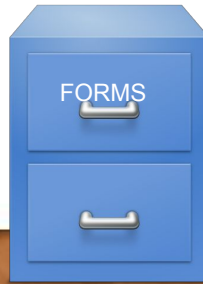
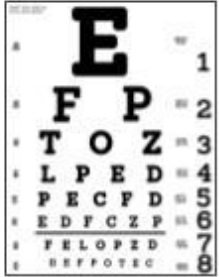


The Tdap and MCV-4 vaccines are mandatory before 7th grade.

School Nurse:
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Protective Measures

Coronavirus (COVID-19)



stay 
healthy
helpful
& calm



Wash your hands!
frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



WEAR YOUR MASK
Cover your mouth and nose with a tissue or into your elbow when you cough or sneeze then throw the tissue in the bin and wash your hands.



Stay Home if you're feeling sick
Wear a mask if you have respiratory symptoms or are caring for someone with respiratory symptoms. Stay home when you are ill.



SANITIZE!
Clean and disinfect surfaces and objects that people frequently touch.



DON'T TOUCH YOUR FACE!
Avoid touching your eyes, nose, and mouth with unwashed hands.



KEEP YOUR DISTANCE
Avoid close contact with people who are sick, sneezing or coughing.

WEAR YOUR MASK



How to Wear a Mask and Stay Healthy

- Wear a cloth or surgical mask without an exhalation vent.
- Wash hands first.
- Secure mask over the nose and under the chin and make sure it fits snugly but is comfortable.
- Do not touch your face or mask. Do not wear it under your nose or chin or on top of your head or set it down anywhere.
- Wash hands before and after removing the mask. Be careful to only touch the ties or ear loops.
- Place in a labeled bag. You should wear a freshly washed facemask daily.
- Wash hands frequently for 20-30 seconds or use hand sanitizer that is > 60% ethanol or > 70% isopropyl alcohol. Check recalls. Do not use any that contain methanol.
- Maintain 6 feet distance from others.
- Disinfect frequently touched surfaces often.
- Enforce proper mask wearing, social distancing and hand washing/sanitizing by students/staff.
- Take care of yourself. Eat right. Exercise. Manage stress. Get enough sleep.

Be sure to check your temperature every day before coming to school and stay home if you have any of these symptoms:

- Fever 100 degrees F or higher or feeling feverish without fever reducing medication
- Chills
- Generalized body aches
- Cough
- Shortness of Breath
- Headache
- Sore Throat
- New loss of taste/smell
- Gastrointestinal Symptoms like nausea, vomiting, and diarrhea
- Children with new or undiagnosed rash or skin condition
- Muscle aches and fatigue
- Known close contact with a person who has lab confirmed COVID-19



Call EMS if you
have any of
these emergent
symptoms



Trouble breathing



Persistent pain or pressure in the chest



Confusion



Blueish lips or face



Separate from others if possible and protect those in close contact with PPE until EMS arrives

Click on file cabinet for forms for:
medication orders, Allergy Action
Plan, Asthma Action Plan, Medical
Procedures, etc.

