

# The Pulse

By Jordan School District Nurses

Fall 2018

## Welcome to the Jordan School District Nurses Newsletter!

<http://edsupport.jordandistrict.org/nursing/>

Hello from our Nursing Team! Our goal is that each student is healthy and ready to learn. We create Individualized Healthcare Plans (IHP) to assure that students with medical conditions have the accommodations they need to be successful in school. We also provide vision screens, maturation education, oversee medication administration and so much more. Please feel free to contact us if you feel there is a student that may need our support.

### EpiPen Shortage

EpiPens are currently on back order. The FDA has extended the expiration dates on specific lots of EpiPens 0.3mg. You can check the lot numbers of student and stock EpiPens on [www.epipen.com](http://www.epipen.com) to see if the 4 month extended expiration date applies. Per the FDA, these specific EpiPens are usable until the end of the 4 month extension.



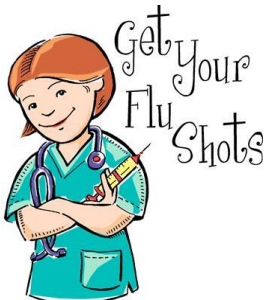
### Lice at School

Occasionally you may encounter a student that has lice. Lice are a nuisance and not an infectious disease. Transfer from head to head is difficult. They do not jump or fly.

If you have a child that has live lice on their head, they need to have a lice treatment applied at home by their parents or family members followed by daily nit combing. Children with only nits (unhatched lice eggs) are not sent home from school.

Helpful information is listed on the nursing website.

If you have any questions about lice, consult with your school nurse.



Remember to get your yearly flu shot. You can get them at pharmacies, health department, or your doctor's office.

Is it the cold or the flu? Both are respiratory illnesses. With a cold there are mild aches/fatigue, a stuffy nose, a sore throat but not a fever. The flu presents with a fever, headache, aches and pains, lasting fatigue, and weakness.

### Hand Washing: Getting Rid of Germs!

Hand washing is a great, easy way to prevent spreading illness. In the height of flu season, hand washing is especially important! Here are the 5 easy steps for effective hand washing!

1. Wet your hands under warm running water.
2. Apply soap to hands and lather up.
3. Scrub hands for 20 seconds (sing "Happy Birthday" twice or your "ABCs").
4. Rinse hands under warm running water.
5. Dry hands thoroughly with a paper towel.

### CPR/AED/First Aid Skills Test

At least 3 staff members in your school must be trained in CPR and First Aid. Complete your online training and then sign up in JPLS to pass off your skills with the Jordan School District Nurses. Skills pass off starts at 4:30 on Wednesdays or 2:30 on Fridays in the ASB.

Enter through the main entrance and follow the signs to Training Room C131.

11/16/2018	1/4/2019	3/1/2019	5/8/2019
12/7/2018	2/1/2019	4/5/2019	