

# NURSE UPDATES

JENNIFER GAUGHAN, RN, BS, CSNT

## DEAR FAMILIES,

We have made it to the Holiday Season! I wanted to say a sincere thank you to all for continuing to following the RIDOH COVID guidelines and helping keep our school and families safe. There are a few updates that I wanted to share with you. I hope you have a **Very Happy and Healthy Holiday.**

Sincerely,

Jennifer Gaughan RN-BS

CSNT

## COVID RULES AND GUIDELINES

### RIDOH RULES FOR COVID

#### Symptoms of COVID

• Fever • Chills • Cough (new) • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • Sore throat • New loss of taste or smell • Congestion or runny nose (new) • Nausea or vomiting • Diarrhea.

If your child is exhibiting any of the following **PROBABLE CASE** symptoms they **CAN NOT** come to school and must be tested.

- **Cough (new)**
- **Shortness of breath or difficulty breathing**
- **New loss of taste or smell**

**OR**

Any **TWO** of these symptoms below or a combination of one of the above and below.

- **Fever**
- **Chills**
- **Muscle or body aches**
- **Headaches**
- **Sore throat**
- **Fatigue**
- **Congestion or runny nose (new)**
- **Nausea or vomiting**

### •Diarrhea

If your child should meet any of the guidelines for COVID testing call, **1-844-857-1814** or through [portal.ri.gov](https://portal.ri.gov) to schedule an appointment. Please note, that a **copy of your child's negative results MUST be sent to the nurse prior to returning to school.** My email is [gaughanj@lincolnpk.org](mailto:gaughanj@lincolnpk.org) and my fax #is 401-721-3428.

- Please note that if your child is sent home ill and tests negative, but is still exhibiting symptoms they are **NOT** allowed to return to school until they are **symptom-free for 24 hours without the use of fever-reducing medicine, with no vomiting or diarrhea.** It's recommended that you seek medical advice from your child's doctor, as there are still many other germs that can be contagious, such as strep throat, GI illnesses, pneumonia, etc. **Please fill out the Attestation form and have your child return it to me the day they return to school.**

### Should your child develop symptoms during the school day:

- The nurse will call you to pick them up from the designated COVID isolation room, the gymnasium, at the side door. They will be assessed and monitored at all times while in the COVID room.

For more information on **COVID GUIDELINES and PROTOCOLS** please visit;

<https://health.ri.gov/publications/presentations/Outbreak-Response-Protocols-PreK-12.pdf>

### Travel Guidelines for RI:

#### Quarantine for 14 days:

- Anyone traveling to Rhode Island from one of [these states](#) with a COVID-19 positivity rate higher than 5% must quarantine for 14 days and self-monitor for symptoms.
- As an exception, you may provide proof of a negative result from a COVID-19 test taken within 72 hours prior to your arrival. **This exception does not apply to international travelers.**
- Domestic travelers who receive a COVID-19 test during their quarantine period in Rhode Island and get a negative result can stop quarantining. However, you still need to self-monitor for [symptoms](#) of COVID-19 for 14 days, wear a mask any time you're near people who don't live with you and follow physical distancing guidelines.

### When can a child or staff member return to school after travel?

- The preferred method is to **quarantine for 14 days after returning to RI from international travel or travel to a US state where > 5% of COVID tests are positive**
- COVID-19 can develop any time between **2-14 days after exposure.**

- A single negative test only indicates that you are negative at that point in time, but you could become infectious any time through day 14
- Quarantining for 14 days before returning to school is the best way to reduce the chance of exposing the school community to COVID-19

<https://health.ri.gov/covid/travel/>

Here is a link to explain the difference between Isolation and quarantine

- <https://health.ri.gov/publications/guidelines/COVID-19-IsolationVsQuarantine.pdf>

## NURSING REMINDERS

Please note: If you have NOT already done so All 7th Grade students (virtual or hybrid) are required to have physicals and the following:

- Screenings for Middle School students as per the RIDOH rules and Regulations are as follows:
  1. **Scoliosis, grades 6-8**, if you **DO NOT** want your child screened in school, please provide a physical or letter of documentation from your child's doctor with proof of screening. (date of screening will be forthcoming).
  2. **Vision, grade 7**, if you **DO NOT** want your child screened in school, please provide a physical or letter of documentation from your child's doctor with proof of screening. (**date of screening will be forthcoming**).
- **GRADE 7:**

The Rhode Island Department of Health requires all students **entering 7th grade** must have a **physical exam** on file.

- Physicals must be dated no earlier than 09/2019 through the start of the 2020-2021 (10/2020) school year. ( A physical form is enclosed for your convenience, but any form from your child's physician is acceptable.)
- <https://health.ri.gov/forms/school/Physical.pdf>
- In accordance with the Rhode Island Department of Health Rules and Regulations Pertaining to Immunization and Testing for Communicable Diseases (R23-1-IMM), all students entering 7th grade are required to have the following immunizations:
  - 1 dose of HPV ( human papillomavirus) vaccine\*
  - 1 dose of meningococcal conjugate ( meningitis) vaccine
  - 1 dose of Tdap ( tetanus, diphtheria, pertussis) vaccine

\* HPV vaccination:

- The CDC now recommends a 2 dose vaccination series starting at age 11 or 12. The second dose should be given 6 -12 months after the first dose. Further information can be found at <https://www.cdc.gov/hpv/hcp/schedules-recommendations.html>



- In accordance with the Rhode Island Department of Health, a Religious Exemption form (included with this form ) must be filled out and returned to the school nurse if your child will NOT be getting the vaccine this year.

- **GRADE 8:**

In accordance with the **Rhode Island Department of Health Rules and Regulations Pertaining to Immunization and Testing for Communicable Diseases (R23-1-IMM)**, all students entering **8th grade** are required to have the following immunizations:

- 2nd HPV ( human papillomavirus) vaccine\*

**\* HPV vaccination:**

- The CDC now recommends a 2 dose vaccination series starting at age 11 or 12. The second dose should be given 6 -12 months after the first dose. Further information can be found at <https://www.cdc.gov/hpv/downloads/HCVG15-PTT-HPV-2Dose.pdf>
- In accordance with the **Rhode Island Department of Health, a Religious Exemption form** (included with this form ) must be filled out and returned to the school nurse if your child will **NOT** be getting the vaccine this year.

- <https://health.ri.gov/forms/exemption/ReligiousImmunizationExemptionCertificateForSchools.pdf>

**MEDICATION:**

If your child has asthma, allergies, or requires any medication while at school, please send in the proper medication, medication documentation, and doctor's orders. our fax # is (401) 721-3428.

- <https://health.ri.gov/publications/actionplans/Asthma.pdf>
- <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/food-allergy-anaphylaxis-emergency-care-plan>

If you need a Lincoln School Department medication Form or have any questions, please email me at [gaughanj@lincolnps.org](mailto:gaughanj@lincolnps.org).




## LINCOLN MIDDLE SCHOOL

 Facebook  @ourschool

Please feel free to reach out to me with any questions or concerns!

Healthy Regards,  
Jennifer Gaughan RN BS

 Lincoln Middle School, Jenck...

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