



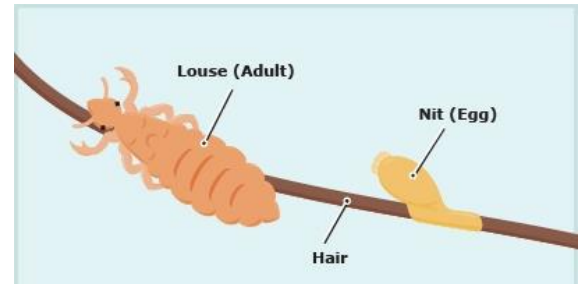
Understanding Head Lice

Head lice are tiny wingless brown insects about half the size of a sesame seed that like to feed on human blood. Nits are tiny teardrop-shaped lice eggs that can be oval and whitish in color and stuck to the hair.

Head lice cases are an issue that is commonly dealt with in the school setting. Control of head lice depends on prompt diagnosis and effective treatment. Your help in inspecting your child at least weekly throughout the school year for the presence of head lice would be greatly appreciated.

We suggest the following procedure for inspecting your child for head lice:

1. Under bright light begin looking at the back of the head just above the neck area. Common locations for lice/nits are the nape of the neck and behind the ears.
2. Part the hair section by section and look closely for head lice, or nits (eggs). Eggs will usually be located near the scalp and stuck to the hair. Dandruff will move easily if touched.



WHAT TO DO:

If you suspect your child has head lice, please notify the school nurse. A treatment should be done prior to your child returning to school. Remember the process does not stop with one treatment. Combing and inspection should continue daily for several weeks before returning to a once a week schedule. The school nurses are here to help with any questions you may have. For further information and treatment options, please visit the websites listed below.

[Head Lice Policy](#)(Internet Explorer Not Supported)

[Head Lice 101 Side 1](#)

[Head Lice 101 Side 2](#)

[National Association of School Nurses](#)

[Massachusetts Department of Public Health](#)

[Centers for Disease Control and Prevention](#)



Jennifer Knight

Lead & SMK Nurse

jknight@ware.k12.ma.us

413-967-6236, ext. 2151

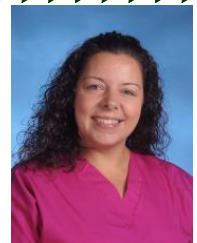


Monique Hegarty

WMS Nurse

mhegarty@ware.k12.ma.us

413-967-6903, ext. 3556



Jaime Miner

WJSHS Nurse

jminer@ware.k12.ma.us

413-967-6234, ext. 1107

The “Always Changing and Growing Up” Program about puberty will take place with 5th and 6th graders the week of March 20th. Letters have been sent out and those who do not want their child to participate need to inform the Nurse’s Office by completing the form and returning it.



Please call the school if your child is going to be absent. If you received an attendance letter, it does not mean your child can never be absent again. The letters are required to keep you up to date on how many absences your child has.

If your child is sick (fever, vomiting, pink eye, etc.) we still expect them to stay home. They may attend school with a minor cough or runny nose, as long as they are fever free. Masks are available for anyone who wants to use one.



The expiration date has been extended on the COVID At-Home Test Kits that were distributed by the school before Christmas. The new expiration date is May 6, 2023. You can also scan the QR Code on the box to see the new expiration.

If you test positive for COVID, you need to quarantine for 5 days. You still need to wear a mask on days 6-10 when out of quarantine. If you have questions, or to learn more, visit the [CDC website](https://www.cdc.gov).

SCREENINGS

Grades K-3
Hearing and vision

Grade 9
Hearing and vision

Medications



Please be aware that we do not carry or have the authorization to administer cold or cough medicine in school. If your child has a cough or cold (without a fever) and needs medication to alleviate symptoms, it will need to be given at home before school. Please do not send any medication to school. Students are allowed to bring cough drops for their own use.

Chapped Winter Lips



If needed, send chapstick for chapped lips. Remind your child not to share it with others.

Stay Hydrated

Please send your child to school with a water bottle.



**IF YOU HAVE ANY QUESTIONS ABOUT COVID PROTOCOLS,
PLEASE CALL YOUR SCHOOL NURSE.**

ALLERGIES, COLD, FLU AND COVID-19

Most common symptoms for each

SYMPTOMS



SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓		sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/ diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

SCHOOL EXCLUSION GUIDELINES

The decision to exclude students who have infectious diseases should be made in conjunction with health care providers, parents, and school. Students should be allowed to return to school once the exclusion is met or a health provider clears the student. Generally, if any of the following conditions apply, exclusion from school should be considered:

- ✓ If the student does not feel well enough to participate comfortably in usual activities
- ✓ If the student requires more care than school personnel are able to provide
- ✓ If the student has a high fever, behavior changes, persistent crying, difficulty breathing, lack of energy, uncontrolled coughing, or other signs suggesting a possibly severe illness

ILLNESS OR SYMPTOM	EXCLUSION GUIDELINES
Chicken pox	Exclude until <u>all</u> blisters have erupted & crusted over. Needs to be diagnosed by a physician. Please call the school nurse with any questions.
Common cold	No exclusion necessary unless symptoms are severe
Conjunctivitis (Pink Eye) Pink color of eye <i>and</i> thick yellow/green discharge	Exclude -(bacterial or viral), until approved for return by health care provider or until 24 hours after medical treatment started
Cough (significant) (Uncontrolled coughing; wheezing; rapid or difficult breathing)	Exclude -medical attention is necessary Note: Students with asthma may be cared for with a written health plan and authorization for treatment
Diarrhea Frequent, loose, or watery stools compared to child's normal pattern; not caused by diet or medication	Exclude -until symptom free for 24 hours
Fever (100.4 or higher)	Exclude -until fever free without the use of medication for 24 hours
Fifth Disease	No exclusion necessary , unless other symptoms such as significant fatigue, etc.
Hand Foot and Mouth Disease	No exclusion necessary , unless other symptoms such as fever or discomfort from sores
Head Lice	May return after treatment starts
Impetigo	Exclude until 24 hours after treatment starts
Rash <u>with</u> fever, behavior changes, joint pain, oozing rash, etc.	Exclusion is recommended <u>if</u> the student has other symptoms in addition to rash
Ringworm	Exclude from end of school day until after first treatment
Scabies	May return after treatment
Shingles	No exclusion necessary as long as blisters are covered
Stomachache/Abdominal pain	Exclude <u>if</u> pain is severe; <u>if</u> pain occurs after an injury; or <u>if</u> student has other symptoms in addition to the stomach ache/abdominal pain
Strep throat	Exclude until 24 hours after medical treatment started
Vomiting	Excluded for 24 hour from last vomiting episode

References

- American Academy of Pediatrics (2016). *Managing Infectious Diseases in Child Care and Schools*, 4th edition.
- Massachusetts Department of Public Health (2007). *Comprehensive School Health Manual*.

MassHealth members will soon need to renew their health coverage.



**Act now.
Stay covered.**



What you need to do now

- 1 Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth.**

If we are not able to contact you, your coverage may change or you may lose your coverage during your renewal.

- 2 Report any household changes. These include a new job, address, changes to your income, disability status, or pregnancy.**

Update your information and report changes using your MA Login Account at www.mahix.org/individual.

Don't have an account?

If you are under 65, visit mass.gov/masshealthlogin or scan the QR code:

