



## NOTES

### September 2021

Welcome back! For those of you I have not met, my name is Mandi Conroy, and I am your School Nurse. I am in the office on school days from 7:30-10:30. During that time you can reach me by phone at 518-328-5009. I am also always reachable by email at [conroym@troycsd.org](mailto:conroym@troycsd.org). Please do not hesitate to reach out if you have any questions.

As we start the school year off on the right foot, I wanted to pass on a couple of reminders:

- **All students must have received all required immunizations by September 21.** This is a state requirement in order to attend school in New York state. I am in the process of reviewing everyone's records, so please be sure we have updated information and that you have made an appointment before September 21 for your child to receive any missing immunizations. Not sure what is required? You can ask your pediatrician or call my office and I will walk you through it.
- All new students and all students in grades PreK, Kindergarten, 1, 3 and 5 must have an updated 2020 physical form on file for a physical after 9/1/20. The new form is posted on our website if you need it.
- If your child has asthma, allergies or a seizure disorder, we need emergency action plans from your child's healthcare provider and written orders for any medications to be kept at school. Please be sure to let your child's teacher know of any allergies as well. I send out a list every year, but it is good for you to touch base with the teacher so you can make a plan. It is very helpful for us to get details from you on how severe the allergy is and information on past reactions to help us know what to watch for.

## What to do when your child is not feeling well, in the time of COVID –

As a parent, I know the constantly changing guidelines and requirements can be confusing and frustrating. One thing that has remained fairly consistent is the list of symptoms requiring pediatrician evaluation. You will see on the list from the CDC below, that some potential COVID symptoms are quite common. While it is very possible your child could have one or more of these symptoms and *not* have COVID, **any student who has one or more of these symptoms must be seen and cleared by a pediatrician prior to return to school.** In the past we have been able to accept notes documenting a chronic condition like allergies. At the time of this writing, that is still true. However, given the increased transmission rate of the delta variant, we are finding that many pediatricians are still ordering a COVID test in these cases as a rule out prior to return to school. Please remember that we cannot accept rapid antigen tests or home tests. Some offices and testing sites do have rapid PCR testing, and this does help you get results more quickly.

## Symptoms of COVID-19 – taken from the CDC website.

Updated Feb. 22, 2021

### Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

[www.cdc.gov](http://www.cdc.gov)