Chesapeake High School Health Suite

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**Cold/Flu season is upon us!** Even in the ongoing COVID-19 Pandemic, the influenza virus is still going to make its presence known sooner than later, sure to complicate things. The CDC recommends getting a flu shot by the end of October. It is important to note that the virus protection can take up to two weeks after immunization to take effect, so now is the time.

Please see your family doctor, local pharmacy, or the Baltimore County Dept of Health local locations to get your flu vaccine. Also they are offering a free vaccine clinic for all Baltimore county residents on October 17th and 18th from 9-12pm at the MD State Fairgrounds in Timonium. 2200 York Rd, Lutherville-Timonium, MD 21093

**Immunizations**: Immunizations must be up to date to attended Baltimore County Public Schools. If you have been notified that your students’ immunizations are not up to date, please provide proof of vaccines or contact the School Nurse with any questions.

If your child does not have a health care provider or you require assistance obtaining the required vaccines, your child may receive vaccines through *the Baltimore County Department of Health* by appointment only. Please call Eastern Family Resource Center at 410-887-6452 to schedule an appointment.

**VIRTUAL School Nurse visits:** Encourage your student to reach out and make a school nurse virtual appointment. I am here for them just like when we were in the building. Anything they would have come to me for in the Health Suite, we can discuss virtually via google meets. Use the link below to sign up for an appointment:

<https://outlook.office365.com/owa/calendar/MrsKissersHealthCounselingAppointments@bcpscloud.onmicrosoft.com/bookings/s/6iGR_brbZki_-cyZ0SwA6g2>

**VIRTUAL School Nurse Resource Folder**: This can be found on Schoology in the Chesapeake HUB group under “resources” tab. You will find information on nutrition, COVID-19, General Health, and required health forms as well as the link for virtual visits.

<https://bcps.schoology.com/group/1922413015/materials#/group/1922413015/materials?f=148567756>

**Supporting Your Student’s Health Needs In the virtual school setting:** Contact the school nurse with any new or existing health conditions so we can make the proper health accommodations in the virtual school setting, and eventually in the building. I am available through email, phone, Schoology, and virtual google meets appointment.

**If Your Student Is Struggling:** Please have them reach out to the Teachers, Counselors, School Nurse, Support Team Members or Administration through email, phone calls, or Schoology. This is a very challenging time and there can be many individualized technical, social-emotional, family, and health situations that may be affecting your students and we are here to help.

**COVID-19: Protecting yourself and your family:**

**Wash Your Hands:** Often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

**Social Distancing:**

Inside your home**:** If possible, maintain 6 feet between the person who is sick.

Outside your home**:**Put 6 feet of distance between yourself and people who do not live in your household.

* Remember that some people without symptoms may be able to spread virus.
* [Stay at least 6 feet (about 2 arms’ length) from other people](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html).
* Keeping distance from others is especially important for [people who are at higher risk of getting very sick](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html).

**Wear a Mask:** Everyone should wear a [mask](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) in public settings and when around people who don’t live in your household, especially when other [social distancing](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) measures are difficult to maintain.

**Clean AND disinfect**[**frequently touched surfaces**](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)**daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

**Monitor yourself and your family 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.** People with these symptoms may have COVID-19:

|  |  |
| --- | --- |
| Fever or Chills | Cough |
| Shortness of Breath | Fatigue |
| Muscle or Body Aches | Headache |
| New Loss of Taste or Smell | Sore Throat |
| Congestion or Runny Nose | Nausea or Vomiting |
| Diarrhea |  |

**When to seek emergency medical attention:**

* Trouble breathing
* Persistent pain or pressure in the chest
* New confusion
* Inability to wake or stay awake
* Blush lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seekings care for someone who has or may have COVID-19.

**Resources:**

**COVID-19 Baltimore County Resource Guide:** <https://www.baltimorecountymd.gov/News/COVID19/resourceguide.html>

**Maryland Department of Health:** https://coronavirus.maryland.gov/

**CDC COVID Web-site:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>