

School RN Health Tips

Hello! And welcome back to the new school year. My name is Megan and I am your school RN. Please feel free to reach out if you have any questions about school related health needs. Here are a few health tips and resources that may be helpful.

-Continue to take your child to their doctor and dentist for wellness visits/ vaccines and dental cleanings. Multnomah County Dental Clinic Website: <https://multco.us/health/dental-clinics>

-The School Health Clinic is OPEN and offers services regardless of ability to pay to school age children (5-18 years old). They continue to offer visits for illness, well child check-ups, immunizations & mental health resources. School Health Center Website: <https://multco.us/health/student-health-centers>

-Children ages 2 and above are recommended to wear a mask. **If your child has special medical needs or respiratory conditions/impairments, talk to your doctor about safety related to them wearing a face covering.**

-Masks can be scary for young children. Here are a few ways to make them feel more comfortable.

- Allow your child to decorate the mask to make it more fun.
- Have your child try it on and look in the mirror. Encourage your child to talk about how they feel when having the mask on.
- Put a face covering on your child's favorite stuffed animal or show pictures of other children wearing masks.

-Go outside to enjoy the weather and get some exercise to reduce stress.

-If possible, have family time to connect and laugh. This may be as simple as playing a board game or having a snack/meal together.

-Continue basic health hygiene to promote overall wellbeing. Brush teeth twice daily, get adequate sleep (school age children need 9-11 hours per day).



References: <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>