



Plano Independent School District District Health Services

Dear Parents,

In preparation for a healthy 2022-2023 school year, the Plano ISD health services team would like to provide the following helpful and important information. Our team's purpose is to support a safe and healthy school environment. School nurses need your assistance as we work together toward the common goal of prioritizing public health and protecting our students and staff. You can help us by encouraging behaviors we teach at school and by following a few guidelines for keeping your children home when they are not feeling well.

Please review the following information:

- COVID-19 will continue to have an impact on this school year. Much more information, including PISD's Back to School Plan is available here: [Health Services: COVID-19](#). Additional information regarding COVID-19 can also be found on the [CDC's Website](#).
 - Please remind your children of these simple ways to reduce the risk of illness during COVID-19:
 - Wash hands often with soap and water for at least 20 seconds
 - Cover mouth and nose with a mask when around others
 - Cough or sneeze into a tissue or sleeve and not into hands
 - If your child tests positive for COVID-19, they must stay home; contact your school nurse to report the case and to discuss next steps
 - Students who have symptoms likely to be COVID-19 will be sent home; students should be picked up within 30 minutes and not later than 1 hour from the time the parent/guardian was contacted
 - [Find a COVID test site](#)
 - [Find a COVID vaccine](#) or booster
- Please keep your children home for any symptom of a possible communicable disease:
 - Fever of 100° or more for the duration of the fever plus an additional 24 hours after cessation without fever-reducing medication
 - Vomiting or diarrhea for 24 hours after cessation
 - Generalized rash
 - Oozing wounds that cannot be kept dry and covered
 - Red, draining eye
 - Untreated live lice
 - See the complete list for exclusions: [Health Services: Communicable Disease](#)
- Immunizations must be up to date according to the Department of State Health Services (DSHS) guidelines for school entry and attendance: [Health Services: Immunizations](#)
- All medications and medical procedures at school must have completed paper work. A parent or guardian **must** bring in all controlled substances. Please see our website at: [Health Services: Medications](#) or contact your school nurse.
- State screening mandates are performed for vision, hearing (PreK- Students who turn 4 by Sept 1, Kg, 1st, 3rd, 5th, 7th and all new students), Acanthosis Nigricans (1st, 3rd, 5th, 7th and all new students) and Scoliosis (girls in 5th grade and boys in 7th grade). Please see our website at: [Health Services: Health Screenings](#) for more information.
- Growth and development class is taught for girls during 4th grade, and boys and girls during 5th grade. A note will be sent home from your school detailing the date and materials to be presented. Contact your school nurse for details.
- Benadryl and epinephrine are kept in the clinic, to be used by only the school nurse, for undiagnosed episodes of anaphylaxis. Having this medication available for unexpected, severe life-threatening anaphylaxis does not take the place of individual prescribed auto-injectors for diagnosed cases of severe allergy: [Health Services: Anaphylaxis](#)

- Current health information is crucial for proper care. Please notify your school nurse of all health related issues. This can be done via the Parent Portal: <https://parentviewer.pisd.edu> or by visiting your school nurse.

Please do not hesitate to contact your school nurse or district health services for assistance. I also encourage you to visit our website at [District Health Services](#) for additional information and resources.

We look forward to working together with you in the 2022-2023 school year. On behalf of our nurses, assistants and the entire team, we hope you have a safe and healthy year!

Kindest regards,

Staci Antelo BSN, RN, NCSN
Plano ISD Director for District Health