**NURSE’S HEALTH BLOG**

**ENRICA MERCORELLI, MS, RN-CSN**

**#5 SCHOOL NURSE**

**GREETINGS ALL**! This blog page will hopefully make a busy parent’s life a *bit* easier as you will find all **medical forms you might need**. Also, I will provide **monthly health tips**, so check-in regularly.

If you ever need to reach me, use the School #5 main number of 908-486-2666 extension 8511 *OR* email me at [emercorelli@lindenps.org](mailto:emercorelli@lindenps.org). My hours: 8:10 a.m. to 3:10 p.m.

Just double-click on any of the following forms to open and print:

**Physical exams** must be filled out on this form: [Universal Child Health Record](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/universal%20child%20health%20record.pdf)

For **allergies** requiring **emergency medications** be kept atschool, ***each*** of these forms must be completed for ***each*** medication:

[Emergency Care Plan for Anaphylaxis](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/emergency%20care%20for%20anaphylaxis.pdf)

[Food Allergy Emergency Care Plan](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/FAACEP.pdf)

[Linden Medication Authorization](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/linden%20medicaiton%20policy.pdf)

For **asthma** requiring **medication** be kept at school, ***each*** of these forms must be completed:

[Asthma Treatment Plan](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/AAP.pdf)

[Linden Medication Authorization](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/linden%20medicaiton%20policy.pdf)

Medication use in public schools comes with many rules and regulations: [District Medication Policy](file:///Users/lscamardella/Library/Containers/com.microsoft.Word/Documents/linden%20medicaiton%20policy.pdf)

**Ms. M.’s Health Tips**:

It is now the middle of winter and flu season is upon us. To help yourselves stay **“flu-free:”**

**DO NOT TOUCH YOUR FACES, HEADS, CHINS**, unless you have just washed your hands and/or have a clean tissue in hand.

THINK ABOUT THIS: DO WE EVER GET FLU IN OUR *ARMS*?

DO WE CATCH A COLD IN OUR *LEGS*? NO, OF COURSE NOT!

But, we *do* get head colds, chest colds, eye infections, ear infections, throat infections and stomach bugs. **THERE ARE 7 OPENINGS IN OUR HEADS**: 2 eyes, 2 ears, 2 nostrils and 1 mouth, right? Germs CRAWL, they do not fly, hop or jump. So, by touching your face, germs have easy access to enter the body and make you sick!

**Cover your cough/sneezes** with tissue or elbow area of arm. Why? Some germs are coughed or sneezed *onto* us: **An *uncovered* sneeze travels about 8 feet in all directions!!!**

One more point for this month:

I see many children every day with stomach upset and bowel elimination problems. **ONE** of the best things to **prevent infection** is to pay attention to what is going on in your digestive system, or, the gut, ‘from the mouth/teeth all the way down. **REASON**: Most of the cells that fight infection in our bodies **LIVE IN THE GUT**, these are often called the *gut* *flora* or *microbiome*. They are essentially “good” germs that serve many functions, especially, fighting off infections.

So, if the gut is *not* healthy, it will be *harder* for the body to fight off infections. What harms these “good” germs and makes them weak? ‘Processed foods, sugar to name the main culprits.

**NEW RESEARCH IS TELLING US THAT GUT HEALTH IS CRITICAL TO OVERALL GOOD HEALTH**.

**What builds up gut health**?

Fruits, vegetables and eating less sugar. Kefir, a liquid yogurt has about 50 times the number of good bacteria to add/restore the gut microbiome. Fermented or cultured vegetables also improve gut health. You can find many recipes online about how to make cultured cabbage, ‘simple and inexpensive.

If you’d like to read more about the research on gut health:

https://www.ncbi.nim.nih.gov/pubmed/26338727