

SCHOOL BASED HEALTH CENTER NEWSLETTER



LOCATIONS

Memorial Park Elementary School

**145 East Bacon St.
Waterville, NY
13480
315-841-3714**

Waterville Junior/Senior High School

**381 Madison St.
Waterville, NY
13460
315-841-3835**

Parents and Guardians,

Have you heard about the School Based Health Center? The School Based Health Center (SBHC) is a doctor's office located at the school for students who enrolled in the SBHC. The SBHC staff can diagnose and treat acute illnesses or injuries that occur during school hours, similar to an urgent care center. We also provide enrolled students with physical examinations, nebulizer treatments, immunizations, mental health screenings, first aid and many more services.

For children who already have primary care provider, the SBHC staff will work with your child's primary care provider in caring for your child. We encourage you to bring your child to their regular doctor whenever possible. We DO NOT replace your child's regular health care provider. For children who DO NOT have a regular health provider, we are capable of becoming the primary source for healthcare.

To receive services at the SBHC, parent(s) or guardian(s) must complete and sign the enrollment forms. The SBHC will bill the students' health insurance for services provided. If the student does not have health insurance, there will be no charge to the student's family. There will be no out-of-pocket expenses to any family for services provided at the SBHC.

TO ALL PARENTS AND GUARDIAN OF ENROLLED STUDENTS IN THE SBHC

A friendly reminder that if your child is enrolled in the SBHC and is feeling ill, they may be seen in the SBHC during school hours. If your child gets sick during the night, you may send your child to school and request that they be seen in the SBHC and the provider can determine if the child needs to go home or may stay in school. Or feel free to call the SBHC in the morning and set up a time to be seen and the child will be seen during that school day. This may avoid unnecessary or unwanted trips to the emergency room/urgent care.



IMMUNIZATIONS



Immunizations are an important part of every child that goes to school. The SBHC is able to do your child's immunization if they are enrolled in the school based health center. No immunizations are done without a parents signed consent and parents are always welcome to be present at the appointment. All-important information

will go home in a **Yellow** or **Purple** envelope depending on the school they attend.

It is flu and cold season once again in central New York. The flu vaccine is recommended for all children and adults over the age of 6 months. The Flu is short for influenza, which is a contagious respiratory illness. The flu can be mild or severe and in some cases cause death. People who are at high risk are young children, older people and people who have certain health conditions, like asthma. The School Based Health Center has plenty of vaccine available for students who are **enrolled** with us. Students who are **NOT enrolled** can pick up an enrollment packet in the Health Center.

ENVELOPES



Remember to ask or check your child's backpack. There may be a **Yellow** or **Purple** envelope in their backpack. This envelope is from the SBHC. There may be forms to be

signed or information about your child's visit to the health center. If there are, any questions about any of the paperwork feel free to call the health center that your child is enrolled.

HEAD LICE

- Head lice live in clean hair because it is easier to latch onto. Does not mean you are not clean
- Lice do not hop, jump or fly; they can get from one person to another is direct touching.
- Lice are not passed on by pets
- One of the first signs is an itchy red rash on the back of the neck, just below the hairline.
- Because of the use and over use of head lice shampoos, head lice have become resistant to the products that once would kill them; therefore, head lice products are not 100% effective, even after following the exact directions. That is why removing the egg, from the hair shaft is very important.
- Lice do not wash out. Their removal can be very tedious, using products such as vinegar, mayonnaise, olive oil, or dawn dish soap maybe useful to loosen the "cement" that attach the nits to the hair shaft.

VIRAL ILLNESSES

As we head into Spring season, remember viral illnesses are still present. It is not too late to get a flu vaccine. Any student enrolled in the school based health center can have a flu vaccine.

It is important to remember to wash your hands and to avoid touching your mouth and eyes.

Avoiding contact with sick people, stay home when you are sick and cover your mouth when coughing or sneezing are ways to prevent spread of viral illnesses.