

NURSE NOTES



SPRING 2025

"THE BEAUTIFUL SPRING CAME; AND WHEN NATURE RESUMES HER LOVELINESS, THE HUMAN SOUL IS APT TO REVIVE ALSO." -HARRIET JACOBS

REGISTRATION 2025/2026

- If your student has a health condition that requires medication or interventions while at school, please contact your school nurse for the required paperwork to establish a healthcare plan. *Healthcare plans are required to be renewed annually.*
- Check your student's immunization records and make sure they are up to date. Additional vaccines are required for Kindergarten and 7th grade.

Resources for vaccines

Utah County Health Department - walk ins welcome
<https://health.utahcounty.gov/immunizations/>
599 South 500 East 151 S University Avenue Suite 1900
American Fork, UT 84003 OR Provo, UT 84601
Phone: 801-851-7331 Phone: 801-851-7025
Mountainlands Community Health Center - by appointment
<https://www.mountainlands.org/immunizations>
Phone: 801-429-2000
Reach out to your school nurse with any questions!

NURSING PROJECTS THIS QUARTER

- Kinder, 7th grade, & new registrations -reviewing vaccine records to ensure all are up to date for upcoming school year. Working with parents to have any needed health info for upcoming year.
- Preparing for year-end reports to state & Utah County Health Department, following up on vision screening referrals, reviewing health plans, & gathering treatment data.
- Maturation programs in conjunction with 5th grade teams at elementary schools.

HEAD INJURIES & CONCUSSIONS

Any hit to the head with force can cause damage to the brain - a concussion. Symptoms can be immediate or can happen hours to days after the event, and may include:

- nausea/vomiting
- feeling tired/slow
- sensitivity to light or noise
- confusion/concentration issues
- sleep disturbances (more or less than usual)
- dizziness
- headaches
- vision issues
- behavior changes



If you suspect a concussion, take your child to a healthcare provider - symptoms of concussions can increase in severity with repeated head injuries. This is especially true if the concussions happen close together. Prevent concussions by using car seats, and helmets appropriately and prevent falls when possible. [More info here from the CDC.](#)

DISEASE SPOTLIGHT

Pertussis (Whooping Cough) is a highly contagious bacterial infection of the respiratory system that causes severe, uncontrollable coughing fits. Pertussis spreads through respiratory droplets from uncovered coughs or sneezes. Complications of Pertussis may include pneumonia, seizures, brain damage, and death. Pertussis is treated with antibiotics - early treatment reduces the severity of infection, with supportive care including rest, hydration, and pain relievers.

Symptoms:

- Early symptoms resemble a cold: runny nose, fever, and mild cough.
- Advanced symptoms (after 1-2 weeks): severe coughing fits potentially lasting several minutes, ending with a "whooping" gasp to inhale before the next fit.
- Other symptoms may include vomiting, difficulty breathing, and bluish skin (from lowered oxygen levels).

Prevention:

- Vaccination is the best prevention. The **DTaP** vaccine series protects against **diphtheria**, **tetanus**, and **pertussis**.
- Infants should receive their first dose of the vaccine at 2 months of age, with adults and adolescents receiving a booster dose of **Tdap** every 10 years.

Additional Information:

- Most common in winter and spring, outbreaks occur in schools, childcare centers, and other crowded settings- people with pertussis should stay home.
- If you think you or your child may have pertussis, seek medical attention.

This is for informational purposes only. For medical advice or diagnosis, consult a professional.

FREE ACTIVITIES IDEAS FOR SPRING:

Outdoors

- Bridal Veil Falls
- Stewart Falls
- Provo Canyon Scenic Drive
- Alpine Loop Scenic Drive
- Fifth Water Hot Springs
- Hobble Creek Canyon
- Downtown Provo First Friday
- Rowley's Red Barn
- BYU Botany Pond
- Nebo Loop
- Hike the Y

Visit the Best Parks

- Nielsen's Grove Park (Orem)
- All Together Park (Orem)
- Discovery Park (Pleasant Grove)
- Harvey Park (Cedar Hills)
- Highland Glen Park (Highland)
- Mountain Ridge Park (Highland)
- Wines Park (Lehi)
- Neptune Park (Saratoga Springs)
- Cory Wride Memorial Park (Eagle Mt.)

Indoors

- Springville Museum of Art
- Roots Of Knowledge
- BYU Monte L. Bean Life Science
- BYU Museum of Paleontology/Planetarium
- Camp Floyd State Park
- Legends Motorcycles