



HEALTH OFFICE NOTES

December, 2021

Happy December, Jackson Street Families! What an exciting time this has been, seeing our friends getting vaccinated against Covid! I am so thrilled to get pictures of your cards in my email. Keep them coming! And always feel free to call with questions, concerns, etc. I may not know the answer, but I will try to point you in the direction.

Please remember to call or email me if your student is absent for any health-related reason.

In spite of recent Covid activity, our community has been remarkably fortunate, thanks largely to your vigilance. I remain grateful for your diligence and communication.

I am attaching a list of Covid testing centers at the end of this newsletter

Non-Covid issues:

*Please send in your emergency cards if you haven't yet. If you're not sure, give me a call, or just send in another.

*If your child has an epi-pen prescribed, please make sure you have sent one to school. Please send in the parent permission form and provider orders as well.

*All medicines, prescribed or over the counter, need an order from the PCP, as well as a permission form filled out by the caregiver. These forms are available on the district page. If you need a hard copy, or need one emailed, just let me know.

*Our health offices can not dispense Tylenol, ibuprofen, cough drops/medicine, etc. If your student needs these medicines, please send in a doctor's order and a permission slip, as well as an unopened bottle. Please call me to arrange to meet me at school to get them directly from you. This is true for all medicine, incidentally.

*Please continue to send in updated physicals and immunization records. Please (PLEASE!) get them the flu vaccine if they haven't already! You too! Also, if your child has any changes in their health status, please let me know.

*Hopefully, this will apply to no one BUT if your child gets an injury that requires accommodation, particularly in PE, please send in a letter from the provider ASAP.

*Please treat seasonal and other environmental allergies as your PCP advises. Let me know if your child has allergies, as well as asthma, if you haven't already. Saline nasal spray is safe and effective for congestion, and kids love it (kidding! But it really does work).

*It's chilly out there. Consider putting chapstick in their backpacks. Also, lips get chapped under those masks.

Again, please don't hesitate to reach out! I love getting to know our families. It is a joy working with your kids.

Happy Holidays!

Susan Rees, RN 413-587-1516 srees@northampton-k12.us

COVID Testing Resources

- **CVS Minute Clinic**-check out **all** locations for testing availability

Here is their site for signing up:

<https://www.cvs.com/minuteclinic/covid-19-testing>

- **Easthampton (new site-started 12/6/21)**

Sign up here for City Hall location: <https://curative.com/sites/34189>

Easthampton City Hall- 50 Payson Ave.

Mondays: 1:00 PM-4:00 PM Conference Room B (lower level)

Thursdays: 8:30 AM- 11:00 AM Conference Room B (lower level)

Saturdays: 10:00 AM- 2:00 PM **Eastworks**-116 Pleasant St. --Outside of RMV

Sign up here for Eastworks location: <https://curative.com/sites/34190>

Walk-ins welcome-Type of test: **PCR**- Open to the public-no minimum age

Free testing for all, including uninsured.

- **Hadley Senior Center**

Free Walk-in **RAPID** COVID testing for asymptomatic individuals

NO APPOINTMENT NECESSARY: **MASKS REQUIRED**

Simple Nasal Swab- Results in 15 minutes

Wednesday, Dec. 15: 12:30pm-3:30pm (last test is administered at 3:15)

Friday, Dec. 17: 9am-noon (last test is administered at 11:45)

Check out their site for additional/updated information

<https://www.hadleyma.org/home/news/free-walk-rapid-covid-testing-hadley-senior-center>

- **HOLYOKE COMMUNITY COLLEGE (Stop the Spread site)**

Monday thru Saturday Drive-Thru

M-W-F-S times are: 7 am to 11 am

Tu-Th times are: 2 pm to 7 pm

Check their site for additional/updated information at:

<https://www.hcc.edu/about/covid-19/stop-the-spread-covid-testing>

- **War Memorial (Another Stop the Spread site)**

310 Appleton Street, Holyoke, Massachusetts 01040

Monday, Wednesday, Friday: 2 p.m. – 6 p.m.

Walk-up, no appointment needed. This one can be less crowded! It is also FREE!

- **MedExpress Urgent Care**

Check out their site for hours and for sign-up:

<https://www.solvehealth.com/medexpress-urgent-care-pc-massachusetts-hadley-ma-AWZPv0>

- **Walgreens**

Check out **all** locations for testing availability

Here is their site for signing up:

https://www.walgreens.com/findcare/covid19/testing?ban=covid_vanity_testing

