



Welcome Back to School!

The health and safety of our students is priority. If you are sick please stay home to avoid exposing others to potential illness. Make it a routine to review for symptoms of illness each day before riding the bus or entering the school building.

The Minnesota Department of Health has an updated symptom Decision Tree which I will provide for reference. It is important to become familiar with this symptom checklist in order to prevent and minimize the spread of illness and disease. If you are sick please stay home to avoid exposing others to potential illness. This is how we can take care of each other and stay in school!

Please reach out to me with questions especially related to medications to be taken during the school day, allergies or food sensitivities or other health related concerns that may impact your student during the school day.

The Kittson County School Backpack program is available for all students. Students may start receiving a meal pack in their backpack or locker once completing the Backpack Form starting in October. Good nutrition is important for learning!

Maintaining high levels of immunization coverage is critical to preventing outbreaks in school and child care settings during the COVID-19 pandemic. It is more important than ever to schedule your child's immunizations and well-child visits. Start by calling your primary care provider to request an appointment.

We all have a role in play in promoting wellness and monitoring for symptoms of illness and disease. Stay home when symptoms exist and take care of your health. By taking the necessary steps towards maintaining health, together we can achieve a school year filled with learning.

Be Well! Your School Nurse,

Jeanna Kujava, RN Public Health Nurse

Kittson Healthcare Home Care & Public Health