



Public Health
Prevent. Promote. Protect.

Summer 2022

Welcome Back to School!

I hope your summer was filled with fun adventures, and time spent with family and friends. I will be starting the year school year with Kittson Central School and look forward to our new school year together. 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.

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 such as asthma or seizure disorders that may affect your student during the day.

Maintaining high levels of immunization coverage is critical to preventing outbreaks in school and childcare settings. 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 to 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. If you have any questions, you can contact at me at the following email, Shelby.retief@kmhc.net or by calling the Public Health Office at 218-843-3662.

Be well! Your School Nurse,

A handwritten signature in cursive script that reads "Shelby Retief, RN".

Shelby Retief, RN

Kittson Healthcare Home Care & Public Health