



## Reminders from the Health Office

- If your child is currently carrying an Epi Pen or rescue inhaler in their backpack/bag/pocket, it **must** be checked in with Nurse Johnson. A consent to carry the inhaler needs to be filled out by a parent and doctor. An allergy action plan needs to be filled out as well for the Epi Pen. A medication sheet will need to be on file in the health office for an Epi Pen and/or rescue inhaler. All forms are in the health office or they can be emailed to parents, if need be.
- If you receive an email from the health office that is in regards to a “head bump,” you will need a password to read the encrypted email. **Please save your password** because you will use the same password for every “head bump” email that is sent out for the time your child is at NCS. If you receive an email and forgot your password, please email Nurse Johnson and your password can be re-sent to you.
- If your child has a cough and needs cough drops, please send a bag into the health office. A parent will need to fill out a medication sheet. Nurse Johnson will no longer hand out “pectin” cough drops unless absolutely necessary and students should not be carrying cough drops with them.

**Questions???** Please contact Nurse Johnson at 602-978-5134 or [mjohnson@ncsaz.org](mailto:mjohnson@ncsaz.org)