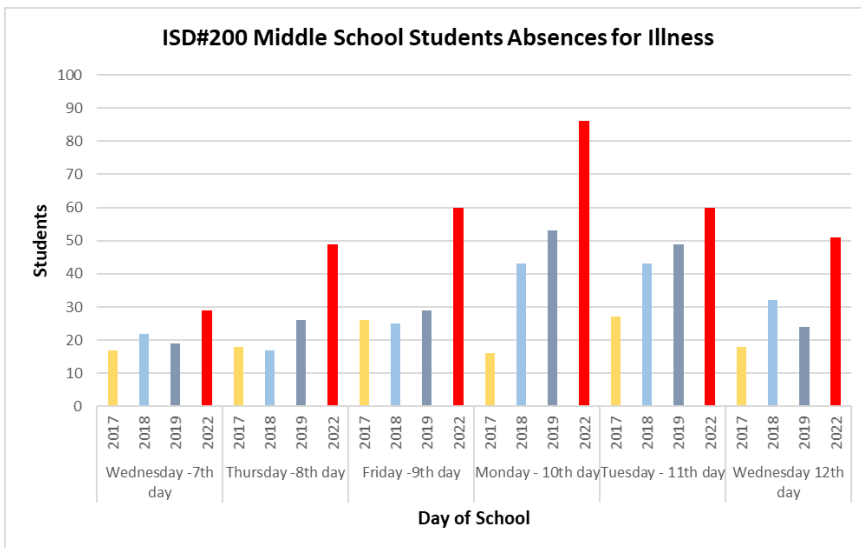


Student and Family Wellness



BEGINNING OF THE YEAR ILLNESSES



More middle school students were out sick in the beginning of this school year when compared to the same period of time pre-covid. Many of these were students who tested positive for Covid-19. This is a good reminder that the virus is still very much with us, along with other illnesses that we begin to see crop up at this time of year.

Covid-19 symptoms can look like one or many of the following symptoms: runny nose, sore throat, fever, diarrhea, vomiting, loss of taste/smell. **FREE Covid-19 test kits are available for students while supplies last – contact your child’s nurse.**

If your child is not feeling well, please keep them home. Check our [Health Services website](#) for information about illness and keeping your child home from school.

If your child tests **positive for Covid-19**, please notify the attendance secretary or nurse at your child’s school.

IMMUNIZATIONS – NO SHOTS, NO SCHOOL

If you have a preschool, 6th or 11th grader please check with your child’s health care provider to make sure their immunizations are up to date. Additional immunizations are required for students entering kindergarten, 7th and 12 grade. Students need to be up to date on their immunizations to attend school.

[Student Immunization Form](#)

STAY HEALTHY THIS YEAR!

Flu (Influenza) and Covid-19 are respiratory illnesses that can make people very sick. That’s why it’s important to take steps to prevent both diseases. The flu vaccine can help protect you from getting the flu and prevent you from passing it to people who could get very sick from the flu, such as older family and friends or people with underlying medical conditions. The flu vaccine will not protect you from Covid-19.

With both the flu and Covid-19 circulating this fall and winter, we want to do everything we can to keep people healthy and not overwhelm our health care system.

Cover your cough, wash your hands, stay home when sick, clean frequently touched surfaces, wear a mask when needed and get vaccinated...The [Minnesota Department of Health](#) recommends everyone 6 months of age and older get flu and Covid-19 vaccines.



The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the [Smart Choices Website](#).