



Johnny King III RN, DNP

Hello Razorback Family!

I am Johnny King III, Hogg Middle School's nurse. Health is an important aspect of learning. In the spirit of keeping your student healthy, here is valuable information to begin the school year.

HEALTH CONDITIONS: If your student needs medications/treatments at school, please provide a current medical order and parental authorization along with the medication from the pharmacy. If we have not spoken about your student's medical condition or health concern, please email me at johnny.king@houstonisd.org or call me to set up a time to discuss your student's needs.

VACCINATIONS: If your student is missing one or more of the state-required immunizations and does not have a medical or reasons of conscious exemption on file, you will receive a letter with a list of the state-required immunizations that your student needs to receive. Below are mobile immunization clinics that could be helpful.

[Texas Children's Hospital Mobile Immunization Clinic - August Schedule](#)

[Harris Health Mobile Vaccination Clinic Calendar - August 2024](#)

ILLNESSES: For the health of your student, other students, teachers, and staff, please keep your student home if your student:


- Is already sick.
- Is suspected of having contagious illness.
- Has a temperature of one hundred degrees or higher with the last 24 hours.
- Has a significant injury that has not been assessed by a doctor.
- Is too ill to function at school.
- Has discharge or crusting on or around the eye(s).
- Has vomited or had diarrhea with the last 24 hours.
- Has uncontrolled coughing, sneezing or drainage.
- Has a new rash of unknown origin; that has not been determined to be non-contagious by a doctor.

Students with these presentations will be sent home.

MEMORIAL HERMANN SCHOOL-BASED

HEALTH CENTER: If your Hogg Middle School student uses

Medicaid health coverage or does not have health insurance,

Memorial Hermann's School-based Health Center at Hogg Middle School can provide primary care your Hogg Middle School student. Call (713) 864-7614 for more information. 



HAZEL HEALTH PHYSICAL AND MENTAL TELEHEALTH:

Sign-up Today for physical and mental health care services with Hazel Health telemedicine **for insured and uninsured** Hogg Middle School students.

We are excited to announce a new mental and physical health service available on your campus! Through our partnership with Hazel Health, your student can access virtual physical and mental health care at no out-of-pocket cost this school year. Hazel Health's licensed providers help students with everything from stomach aches and rashes to anxiety and depression. Hazel services are **available AT HOME Monday-Friday from 7am-5pm and AT SCHOOL** during school hours.



[Watch this 1 minute video](#) or visit www.houstonisd.org/telehealth to learn more about Hazel Health.

Sign up at www.houstonisd.org/telehealth 

SEASONAL or ENVIRONMENTAL ALLERGIES: *Does your student have itchy watery eyes, sneezing, runny nose, sore throat?* Pollen, mold, and pollution can cause upper respiratory issues.

What should you do to help your student who has allergy symptoms?

1. Reduce exposure:

- Have your student wash their hands and face after coming from outside.
- Check the pollen forecast and limit outdoor activities when pollen counts are moderate to high. Houston Health Department has an excellent webpage you can use to check the pollen levels.
<https://www.houstontx.gov/health/Pollen-Mold/>
- Have your student take their bath at bedtime. This will help with nighttime allergy problems.
- When possible, keep your home and car windows closed and use air conditioning to filter the air.
- **Treat the symptoms before your student goes to school:** Along with limiting your student's exposure to allergy triggers, there are safe, effective over the counter allergy medicines that target specific allergy symptoms. They come as oral antihistamines, nasal sprays, and eye drops. Check with your student's healthcare provider for their recommendation.
- Here are two sites to keep track of environmental allergen levels.
https://www.tceq.texas.gov/airquality/monops/forecast_today.html
<https://www.houstonhealth.org/services/pollen-mold>

TEXAS HEAT: This time of year, Houston is frequently under an extreme heat advisory. Please help keep your student safe from heat injury.

- Help your student stay hydrated. Send your student to school with a full and refillable, spill proof, container of **water**.
- Discourage your student from wearing cold-weather clothing when environmental temperatures are high.
- Have your student wear sunscreen on hot sunny days.
- Encourage your student to take rest breaks and hydrate when participating in outdoor physical activities.

CROCS, SLIDES, SLIPPERS INJURIES: These types of footwear are not to be worn to school. Last year, many students suffered lower body injuries while wearing croc-type, slide-type, and slipper footwear at school. Schools are dynamic high traffic environments with steps, stairs, hallway traffic, sidewalks, rainy days, physical activity, etc. Please encourage your student to wear footwear that has sufficient grip, protection, or support. [Hogg Middle School Dress Code](#)

I look forward to working with to promote the health and safety of your precious student. Please call me at (713) 802-4700 or email me at johnny.king@houstonisd.org.