

## HEALTH SERVICES, 2019-2020

The nurse's office is located near the main office. The school nurse is available there on a daily basis. In case of an emergency, the school nurse or a member of the school staff will care for a child temporarily. School personnel will render first aid treatment only, and the parents/guardians will be contacted. If parents/guardians are not available, the child will be taken to the nearest hospital via ambulance. The school is not obligated for medical expenses incurred because of accidents that happen in school. Parents/guardians are encouraged to purchase the school insurance, offered at the beginning of the school year, if they do not already have coverage for their children.

*If health services are needed, (except for emergencies) students are to:*

1. Report first to class to obtain a pass. Students are **NOT** permitted to report to the health suite between classes.
2. Report to the main office if the nurse is not available.
3. Wait for a consultation with the nurse.
4. Students will be required to sign in and out of the health suite.
5. Necessity to send a student home will be determined by the nurse or an administrator.
6. A pass to return to class will be issued by the nurse or office staff member.

### **Be There!**

#### **Help your child develop healthy attendance behaviors.**

When students miss too many days of school, they fall behind the struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same – learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your student misses school.

#### **Missed Days Add Up Quickly!**

- Just a few missed days add up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.

Children chronically absent in kindergarten and 1<sup>st</sup> grade are much less likely to read at grade level by the end of third grade. This can have an effect on school performance in middle school, high school and beyond.

#### **Work with Your Child and Your School**

- As the parent, be strong with your child and don't let your child stay home when it is not necessary. This will help your child succeed.
  - If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she becomes ill. Information about your child's chronic disease should be noted on the school emergency or health information card.
- Keep an open line of communication with the school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.

#### **Helpful Ideas:**

- Make appointments with the doctor or dentist in the late afternoon so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her homework assignments and follow up to see if the work is completed and turned in.
- Call the school as soon as you know your child will be absent and tell school staff why your child will be out and for how long.
- Be prepared to get a doctor's note when requested by school personnel.
- If you need medical advice after business hours, most doctors Offices have answering services 24 hours a day to assist you.

## GUIDELINES FOR KEEPING STUDENTS HOME

If your child has an emergency, call 911.

For additional information, contact your child's school.

**Recommendations for keeping your child at home and/or sending your child to school (These suggestions were derived from the American Academy of Pediatrics in conjunction with the CDC and PA Dept. of Health):**

<p>Child Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea (These can be signs of depression, anxiety, post traumatic stress, or fear)</p>	<p>You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others. These and other issues may require you or school personnel's attention.</p>
<p>Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy, etc.) Chronic disease is a long-lasting condition that can be controlled but not cured.</p>	<p>Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.</p>
<p>Cold Symptoms Stuffy nose/runny nose, sneezing, mild cough</p>	<p>If your child is able to participate in school activities send him or her to school.</p>
<p>Conjunctivities (Pink Eye) The white of the eye is pink and there is a thick yellow/green discharge.</p>	<p>Prescribed eye medication should be given as directed for 24 hours prior to returning to school.</p>
<p>Coughing Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing</p>	<p>Keep your child home and contact a health care provider. Asthma – if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.</p>
<p>Diarrhea Frequent, loose or watery stool may mean illness but can also be caused by food and medication.</p>	<p>If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody, if the child has abdominal pain, fever or vomiting, you should consult a health care provider.</p>
<p>Fever Fever usually means illness, especially if your child has a fever of 101 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting, etc.</p>	<p>If your child has a fever of 101 or higher, keep them at home until his or her fever is below 101 for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102.0 or higher, you should consult a health care provider.</p>
<p>Fifth's Disease</p>	<p>NO - May return after diagnosed by a physician. No longer contagious after rash appears.</p>
<p>Hand, Foot &amp; Mouth</p>	<p>NO - Keep home until diagnosed and released by a physician.</p>
<p>Head Lice</p>	<p>Children cannot come to school until there are no visible live lice. Typically 24 to 48 hours after treatment and checked by school nurse.</p>
<p>Impetigo</p>	<p>May return after 24 hours of appropriate therapy and disease is not progressive</p>
<p>Menstrual issues</p>	<p>Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a health care provider.</p>

Mono	Keep your child at home until a health care provider has determined that your child is not contagious
MRSA	Keep home until treated and the Physician has released. Any areas infected must be covered.
Parent is Sick Stressed, Hospitalized	If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
Poison Ivy	Student may attend as long as any seeping areas are covered.
Rash With Fever	If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a health care provider.
Ringworm	Student may return after first dose of appropriate therapy and open lesions are covered.
Scabies (Itch)	Student may return after appropriate therapy
Scarlet Fever (Scarletina)	May return 7 days from onset, unless physician is treating with antibiotics and gives written permission to return to school 24 hours after treatment.
Stains, Sprains and Pains	If there is not known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a health care provider.
Strep Throat Sore throat, fever, stomach ache, and red, swollen tonsils	Keep your child at home for the first 24 hours after an antibiotic is begun.
Vaccine Preventable Chicken Pox – fever, headache, stomach ache or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face. Measles & Rubella (German Measles) – swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes Mumps – fever headache, muscle aches, loss of appetite, swollen tender salivary glands Pertussis (Whooping aCough) – many rapid coughs followed by a high-pitched “whoop”, vomiting, very tired	Keep your child at home until a health care provider has determined that your child is not contagious.
Vomiting Child has vomited 2 or more times in a 24 hour period	Keep your child home and contact a health care provider.

## **GUIDELINES FOR SENDING MEDICATIONS TO SCHOOL**

Supervision of medication use is vitally important in order to avoid the misuse of drugs. Therefore, all medications will be taken in the presence of the school nurse.

**LONG - TERM MEDICATION:** To be taken daily (i.e. Attention Deficit Disorder, seizure, diabetic medication)

**SHORT - TERM MEDICATION:** To be taken as needed (i.e. headache, asthma, pain, and insulin coverage medication)

If your child has to bring medication to school, whether long term or short term, the following requirements are essential for the safety of your child:

- A "Physician's Authorization of Medication for a Student at School" form must be completed and signed by the parent/guardian and prescribing physician. This form must be submitted to the school nurse before medication can be administered.
- Must be in the original container.
- The prescription must be current.
- The prescription must carry a prescription label with the child's name, drug identity, dosage instructions, doctor's name, and prescription date.
- No more than one week of medication should be sent at one time, unless otherwise specified by school personnel.
- Refrigeration is available.
- Inhalers for asthma may be carried by students provided the required forms have been completed and the student has demonstrated correct use. Required forms include: "Physicians Authorization of Medication for a Student at School" and "Asthma Inhalers at School".
- Forms must be renewed yearly and are available at the office.

**NOTE: In order to avoid the misuse of drugs, prescription and over-the-counter medication CANNOT be brought to school by the student at any time. It must be delivered to the school nurse by parent/guardian or responsible adult.**

## **INSECT AND BEE STING ALLERGIES**

It is the responsibility of the parent/guardian to notify the school nurse, in writing, if a child is subject to an allergic reaction from a bee or other insect bite, and provide (Epi-Pen) and/or Benadryl to be given to be given in the event of a reaction. Specific instructions for administration of the medication must be provided in writing by the physician on the required form secured at the nurse's office.

## **EPI-PEN ADMINISTRATION**

In the case of severe allergic reaction (anaphylaxis) with symptoms of flushing, apprehension, syncope, tachycardia, rash, itching, swelling, and respiratory difficulty including wheezing and/or shortness of breath, the School Nurse or her designee may administer Epi-Pen. Dosage is determined by student weight. An ambulance will be called immediately. Emergency care must be activated at the onset of a severe allergic reaction.