

SECONDARY SCHOOL HEALTH SERVICES



INFORMATION FOR PARENTS

PARENTS/GUARDIANS

It is essential that the school office staff have **current working phone numbers** (cell, home, employment) and emergency contact person information. Please inform the school staff of all changes in numbers and addresses. This booklet covers some of the common problems and questions about school and health. First aid is provided by school personnel following the action steps outlined in the First Aid/Emergency Guidelines for School Personnel. Each high school has at least one Automated External Defibrillator (AED) on campus. For further information, please call your school nurse.

EMERGENCY AT SCHOOL

- Parent/guardian will be notified and is responsible for obtaining medical care.
- If unable to contact the parent/guardian or emergency contact person, an ambulance may need to be called.
- The cost of the ambulance transport is the responsibility of the parent/guardian.

School nurses are assigned to several schools. The school nurse can be contacted by calling the school or Health Services at 799-7443. The school nurse is a Registered Nurse who holds a minimum of a Bachelors Degree. He/she implements the objectives of the school health program, as well as overseeing the operation of the health office.

First aid safety assistants (FASAs) are assigned to one school. They are required to have a high school diploma and be certified in CPR/AED and basic first aid. They are responsible for daily routine activities of the health office and are under the direction of the school nurse for all health-related activities.

School nurses and FASAs work together to maintain student health and safety.

HEALTH PROBLEMS

Each year the parent/guardian is **required** to complete the Supplemental Health Card to inform the health office staff of any health problems and/or changes in your child's health status.

Health problems need to be brought to the attention of the school nurse promptly. The following is a list of examples:

- ADD/ADHD
- Allergies (food, medications, animals and environmental agents)
- Arthritis
- Asthma
- Blood disorders
- Cancer
- Diabetes
- Genetic disorders
- Glasses or contacts
- Hearing loss or aids
- Heart conditions
- Migraines
- Orthopedic conditions
- Pregnancy
- Psychological diagnoses
- Seizures
- Skin disorders
- Vision impairment

Teachers and school staff may be notified of students in their classes with significant health problems. Notification of health problems will be done in a confidential manner.

IMMUNIZATIONS

Nevada State Law states that for a student to enroll in school the parent/guardian/student must provide a certificate stating that the child has been immunized and is complying with the schedules established by the Southern Nevada Health District (SNHD).

Immunization records must be current for enrollment. Copies of immunization records will be kept for school records.

Refer to the Clark County School District website for current immunization requirements: <http://www.ccsd.net/>

For further information or clinic locations, call the SNHD at 759-0850 or refer to <http://www.southernnevadahealthdistrict.org/>

IS MY CHILD TOO SICK FOR SCHOOL?

If any of the signs and symptoms noted below is present, your child should be kept home. He or she may be contagious to other students and recovery time may be slowed. If symptoms persist, you may want to contact your licensed health care provider.

- ✓ Elevated temperature (100° or greater)
- ✓ Diarrhea
- ✓ Persistent headache
- ✓ Inflamed/sore throat
- ✓ Nausea/vomiting
- ✓ Unexplained rash
- ✓ Wheezing
- ✓ Earache

CONTAGIOUS DISEASES

According to Southern Nevada Health District policy, students with known or suspected contagious illnesses are to be excluded from school.

In most cases, a student may return to school 24 hours after medical treatment is started.

FUNGAL INFECTIONS

Fungal infections commonly include ringworm and athlete's foot. Ringworm (tinea corporis) is a raised area on the body clearing from the center, giving a ring-like appearance. Athlete's foot (tinea pedis) is a blistering, scaling eruption between the toes and on the bottoms of the feet. These conditions can usually be treated at home with an over-the-counter, anti-fungal ointment. Occasionally, treatment by a licensed health care provider is required. **Ringworm on the scalp requires treatment by a licensed health care provider.**

MONONUCLEOSIS

Another infectious condition frequently encountered in secondary schools is mononucleosis. This more serious disease is characterized by elevated temperature, swollen glands, and excessive fatigue. Medical treatment is advised. Medical clearance is necessary before the student may return to school. It is advisable to inform the school nurse if your child is diagnosed with mononucleosis so that appropriate referrals regarding Homebound education can be made, if needed.

PINK EYE or CONJUNCTIVITIS

Redness of the eye accompanied by itching, burning and discharge may be from allergies or may be a viral or bacterial infection, which requires medical attention. The child may have dried mucous or discharge ooze from the eyes. The condition may be an infection, which is highly communicable and **must be treated by a licensed health care provider.** Verification of treatment may be required.

RASHES

Any unexplained rash is presumed to be communicable. Please evaluate your child before sending to school. Considerations include the presence of an elevated temperature, cough, sore throat, itching, or other signs of illness. Reactions to certain medications may also cause rashes. This could be potentially serious, and a licensed health care provider should be contacted.

UPPER RESPIRATORY CONDITIONS

There are several upper respiratory infections such as the common cold, acute bronchitis, strep throat, and pneumonia. If your child has a sore throat, swollen glands, elevated temperature, chest pain, or persistent cough, he/she should be kept home and medical treatment considered.

SCREENING

School nurses detect health problems through state-mandated screening. New students and those in grades specifically designated by the Health Services Department will be screened for vision, hearing, and scoliosis. Other screenings may include dental and height/weight measurements.

These screenings **do not** substitute for a professional exam. Problems detected in screening will be referred to the parent/guardian for further medical evaluation. The parent/guardian is responsible to follow up on referrals issued. The school nurse may be contacted if assistance is needed.

If a parent/guardian has a specific health concern, he/she can request an individual screening by contacting the school nurse.

SPECIALIZED HEALTH SERVICES

If your child requires Specialized Health Services at school such as a nebulizer treatment, EpiPen injection, blood glucose monitoring, gastrostomy tube feeding or clean intermittent catheterization, a licensed health care provider's order is required. Parents/guardians must contact the school nurse. **No procedure will be performed by school personnel without the licensed health care provider's orders.** The school nurse will provide required training.

HEAD/EYE INJURIES

In the event your child sustains a head or eye injury while at school, parent/guardian notification will occur. These injuries may be serious without apparent evidence of injury. Contact with your licensed health care provider is recommended to discuss the need for follow-up. School personnel follow the First Aid/Emergency Guidelines for School Personnel, which is available through the health office.

HEALTH HABITS

Adolescents need to continue practicing good health habits. They require adequate rest, proper diet, exercise, and appropriate hygiene. Parents should encourage their child to take increased personal responsibility for their own health and well-being. Teen grooming can have significant impact on peer relationships and school success. The school nurse is available as a resource if there are any concerns in this area.

HOMEBOUND

CCSD provides a program of instruction to students who are unable to attend school due to an injury, illness, or psychological disorder where confinement in the hospital or home is expected to be at least 15 consecutive school days. Parents/guardians must contact the school nurse or counselor to initiate the referral.

MEDICATION AT SCHOOL

Controlled substances (such as Ritalin, Adderall, Codeine, etc.) **may not be carried by students** and will be maintained in the health office. Students who require assistance with their medication or are taking controlled medication, must have a completed Medication Release form, which can be obtained from the health office. Both prescription and over-the-counter medication must be prescribed by a licensed health care provider.

Students in grades 6-12 may, with parent/guardian permission, **self-medicate** with **non-controlled** medication such as Advil, Tylenol, Midol, etc. Upon request, the student must be able to provide written permission from the parent/guardian. All medication must be properly labeled with the student's name, prescribing practitioner (if the medication requires a prescription), and instructions for administration. Students who self-medicate ARE NOT monitored by the first aid safety assistant or school nurse.

Students are allowed to self-administer prescribed medication for asthma and severe systemic allergic reaction (anaphylaxis) under certain circumstances. Specific guidelines must be met. The form Request to Authorize Student Self-Administration of Prescribed Medication for Asthma/Anaphylaxis must be completed. This form can be obtained from the school health office.

FREQUENTLY USED PHONE NUMBERS:

1. **School:** _____
2. **School Nurse's other schools and phone numbers:**

3. **Health Services Department:** 799-7443
4. **Southern Nevada Health District**
Main Office: 759-1000
No. Las Vegas: 759-0700
Henderson: 759-1040