

# SCHOOL HEALTH SERVICES



## INFORMATION FOR PARENTS

Dear Parent/Guardian:

This booklet includes information about your child's health and safety during school hours.

Children perform better in school when they are well-rested, eat a healthy breakfast, exercise regularly and are neat and clean. Growing children need at least 8-10 hours of sleep each night. Young children may need your help or supervision with bedtime, bathing, hand washing and blowing their noses. These little things help children learn to take care of themselves and develop self-confidence. As children mature, good hygiene and clean clothing are important for self-esteem and acceptance by their classmates.

It is required that the school office staff has **current working phone numbers** for parent/guardians and emergency contact persons. This information can be updated using the Infinite Campus portal or going to your child's school with the information.

First aid is provided by school personnel following *First Aid/Emergency Guidelines for School Personnel* (CCF-648). For further information about health care services available, please call your School Nurse.

## HEALTH OFFICE PERSONNEL

School nurses are professional Registered Nurses who hold a minimum of a Bachelor's Degree in Nursing. They are responsible for the overall school health program, including coordinating the activities of the health office. School nurses are assigned to several schools.

Each health office has a full-time First Aid Safety Assistant (FASA), who is required to have a high school diploma/GED, certification in CPR/AED and basic first aid. FASAs assist students with health needs and medication administration during school hours. School administration, school nurses and FASAs work together to maintain student health and safety while at school.

## EMERGENCY AT SCHOOL

If a medical emergency occurs:

- Parent/guardian will be notified per CCSD PUB 648 and Regulation 5150 and is responsible for obtaining medical care.
- Activation of EMS (911) will be called per CCSD PUB 648 and Regulation 5150.
- Student will be transported per EMS protocol.
- The expense of the ambulance transport and subsequent medical care is the responsibility of the parent/guardian.

## IMMUNIZATIONS

Nevada State Law (NRS 392.435) states that for a student to enroll in school, the parent/guardian is responsible to provide a certificate stating that the child has been immunized and is compliant with the schedules established by the Nevada State Health Division.

Your student will be unable to enroll or attend school until proper documentation of the required vaccines is received.

For further information or clinic locations, call the SNHD at 702-759-0850 or refer to <http://www.southernnevadahealthdistrict.org/>

## HEALTH PROBLEMS

Each year the parent/guardian is required to complete the Student Health Information Form (CCF 768). The information is important for the health office staff to meet your child's health needs during the school day.

Please include information about any health concerns, current medications and/or procedures your child currently has. If the health information is not updated, the previous school year's information will be considered current.

Information about students' health concerns will be shared with their teachers and school staff as needed. This will be done in a confidential manner.

## IS MY CHILD TOO SICK FOR SCHOOL

If any of these symptoms are present, your child should be kept home.

- Elevated temperature (100 degrees or greater)
- Vomiting and/or diarrhea
- Persistent headache
- Red or sore throat
- Unexplained rash
- Wheezing
- Earache
- Severe toothache
- Untreated head lice

If the symptoms continue longer than 24 hours, you may need to take your child to a licensed health care provider.

Student must be fever-free for 24 hours without the use of fever reducing medications (i.e., Tylenol, Advil).

### Health & Safety Accommodations (PE excuse, Use of Assistive Devices)

If your child is unable to participate in PE or recess, is using crutches or is unable to walk without help, please notify the School Nurse. In order to assist the student who requires health/safety accommodations in the school setting, a licensed health care provider statement may be required.

# CONTAGIOUS ILLNESSES

According to the Southern Nevada Health District, students with known or suspected contagious illnesses cannot come to school. For the health of both your child and others, all children must be fever free for 24 hours without the use of fever reducing medications, like Tylenol or Motrin, before they can return to school.

## PINK EYE or CONJUNCTIVITIS

Pink eye may be caused by a virus or a bacterial infection. It causes redness of the eye, with itching, burning and sometimes a discharge (mucus). Pink eye is highly contagious and **MUST** be treated by a licensed health care provider.

The student can return to school 24 hours after treatment has begun or medical clearance has been obtained by licensed health care provider. Verification of treatment may be required.

## RASHES

Rashes are often associated with illness or allergies; some rashes may be contagious. Students who have a rash accompanied by a fever of 100 degrees or greater will be sent home. Seek care from your licensed health care provider for diagnosis and possible treatment.

## HEAD LICE

Lice are small insects which live in the hair and lay tiny white eggs called nits. The eggs or nits are usually found very close to the scalp, at the back of the neck and behind the ears. Itching is the most common symptom of head lice. Head lice do not jump, fly or carry disease. They can be spread by sharing hats, combs, brushes, and having head to head contact. Lice can be treated with an over-the-counter lice shampoo. Follow directions carefully. Removal of nits is important to prevent the spread of lice. Call the School Nurse for more information.

Children may return to school after verification of treatment and visual inspection showing no evidence of live lice. Your child's head will be checked by health office personnel before returning to class.

## 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, a fever, chest pain, or persistent cough, he or she should be kept home and seek advice from a licensed health care provider.

## INFLUENZA (FLU)

The flu is caused by a virus. A person with the flu may have the following symptoms: fever, persistent cough, sore throat, tiredness, headache, runny/stuffy nose, body aches. Vomiting and diarrhea can also occur.

The student can return to school when symptoms have resolved and the child is fever-free for 24 hours as noted above. Medical clearance may be requested from a licensed health care provider.

## FUNGAL INFECTIONS

Common fungal infections include ringworm and athlete's foot. Ringworm is a skin and scalp disease caused by several different types of fungi and is highly contagious if untreated.

The student can return to school 24 hours after treatment has begun. Ringworm of the scalp requires treatment verification from a licensed health care provider.

## MONONUCLEOSIS

Mononucleosis is a virus and often causes a high fever, swollen glands, and excessive fatigue. Mononucleosis or "mono" is very contagious.

A student can return to school with clearance from a licensed health care provider. For participation in school sports or PE, a medical clearance may be required due an enlarged spleen. If extended absence is anticipated, please call the School Nurse for assistance.

## HEAD/EYE INJURIES

If your child has a head or eye injury, parent/guardian will be notified. Head injuries may be serious without obvious signs of injury. Injuries occurring from accidents, sports or falls can be serious. Activation of EMS occurs per PUB 648 and your child may be transported to a hospital by ambulance based on protocol.

## HOMEBOUND PROGRAM

Students who are unable to attend school due to an injury, illness or psychological disorder may be eligible for Homebound Services. The parent/guardian must contact the School Nurse or counselor for further information.

## SPECIALIZED HEALTH SERVICES

According to CCSD regulation 5150, if your child requires Specialized Health Services at school such as, but not limited to, a nebulizer treatment, Epi-pen injection, blood glucose monitoring, gastrostomy tube feeding or bladder catheterization, a licensed health care provider's order is required. Parents must contact the School Nurse. No procedure will be performed by school personnel without the licensed health care provider's orders. Only those specialized procedures that are necessary during school hours will be accommodated.

## MEDICATION AT SCHOOL

Many children take medication during school hours. For your child's safety, students in grades PK-5 will have medications administered and stored in the health office. A Medication Release (CCF 643) may be obtained from the health office. This release must be turned in before the medication can be given to your child. Prescription and over-the-counter (OTC) medication must be prescribed by a licensed health care provider. Homeopathic remedies must meet legal guidelines for administration in school and be reviewed and approved for administration by the CCSD Medical Director.

Students in grades 6-12, with parent/guardian written permission, may self-medicate non-controlled substances. Prescribed medication must be in the pharmacy container, labeled with the child's name, medication, prescribing practitioner, and directions for use. Over-the-counter medication must be in the original manufacturer's container. Written permission from the parent/guardian must be carried by the student at all times.

Controlled substances, like medications prescribed for pain or ADD/ADHD, may not be carried by students and must be maintained and administered in the health office.

Students in grades K-12 may self-medicate with prescribed medication for asthma or severe allergic reactions per NRS 392.425. A Request to Authorize Student Self-Administration of Prescribed Medication for Asthma/Anaphylaxis (HS 96) must be completed by the parent/guardian AND licensed health care provider and returned to the health office.

Students who self-medicate are NOT monitored by the health office personnel or school nurse.

## SCREENING

Nevada state law requires school nurses to screen new-to-district students and those in certain grades to be screened for vision, hearing and scoliosis concerns. Your child's height and weight may also be measured.

These screenings do not substitute for a professional exam. Problems detected in screening will be referred to the parent/guardian for follow-up. Call the School Nurse for assistance.

## FOOD ALLERGIES

Severe food allergies can be life-threatening. Notify your School Nurse immediately if your child has a known severe food allergy. If your child has an epi-pen or other required medication, licensed health care provider orders are required. Call your School Nurse to determine the school policy for classroom snacks and lunchroom procedures.

## STOCK EPINEPHRINE

A severe allergic reaction may occur in a child who has no known allergies. To treat a severe allergic reaction, injectable epinephrine is used. According to Nevada law, all CCSD schools must maintain at least two doses of injectable epinephrine, which are readily available during regular school hours. If epinephrine is administered to your child, a parent or guardian will be notified/ activation of EMS will occur per district PUB 648, First Aid & Emergency Guidelines for School Personnel. Your child may be transported to a hospital by ambulance based on EMS protocol.