

## **Important Health Information: Please Keep for Future Reference**

*From the Desk of the School Nurse*

Dear Milton Parents,

Greetings from Milton Elementary Health Services. Welcome to all new and returning families. As your school nurse, I enjoy the very special privilege of caring for your child. Please take a few minutes from your busy day to note some very important information that will help me to provide the best care and service to your children:



**Medication:** I am happy to assist students who need medications at school and request that all medications be brought to school by a parent, guardian or designated adult - not a child for reasons of safety. Medications, both prescription and over-the-counter, will require written consent and dosage instructions by a parent or guardian. *Most medications, even those scheduled for **three** times per day, can usually be given outside of school hours.*

### **Medications must be:**

- In the original, properly labeled container (no baggies or envelopes, please!).
- Up to date (check expiration date before bringing it to school), and
- Age appropriate in dosage.

### **Injectible Medications:**

- May only be given at school for life-threatening/urgent conditions (for example epinephrine for severe allergic reaction or insulin for diabetes management).
- **Must have parent and physician authorization on file.** (Form available in nurse's office).
- May only be administered by a nurse (or specially trained school designee).

### **"Controlled Medications":**

- Ritalin, Adderall, and all other "controlled" medications must be brought to the nurse's office by a parent, guardian or responsible adult. Please do not send these medications to school with your child because of modern safety concerns. All controlled medications are counted by the school nurse and locked in a secure cabinet.
- **Must have parent and physician authorization on file.** (Form available in nurse's office)

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### **Asthma Inhalers:**

- “Rescue” inhalers for asthma (such as Albuterol/Ventolin) may be brought in to nurse’s office.
- Older/responsible students may carry an inhaler on them.
- Both require **parent and physician consent in writing** (form available in nurse’s office).

**Special Reminder:** For reasons of safety, parents, guardians or other designated adults, will need to bring medications to school. A parent guardian or other responsible adult will also need to pick these up at the end of the school year.

### **WHEN YOUR CHILD IS ILL**



Please do not send your child to school if any of the following symptoms or signs are present in the previous twenty four hours:

- ◆ **Elevated temperature (100 degrees or greater)**
- ◆ **Acute cold, sore throat, or persistent cough**
- ◆ **Vomiting, nausea, or severe abdominal pain**
- ◆ **Repeated diarrhea**
- ◆ **Pus-like discharge from the nose or eyes or Red or inflamed eyes/lids.**
- ◆ **Suspected and untreated impetigo, scabies, or lice.**

Please contact the school nurse when you are not sure if your child is well enough to attend school. Also, it is wise to contact her when your child is on the “borderline” of being ill. (Be sure to let the school know where you may be contacted in case your child’s condition worsens). **SPECIAL NOTE:** If your child complains often of headaches, stomach aches or ear aches and frequently does not feel well, please notify your physician or health care provider.

- ◆ **To prevent the risk of choking cough drops and hard candy should not be sent to school with your child.**

**First Aid for Illness and Injury\*:** We make every effort to safeguard your child’s health at school. In the event of a serious accident or emergency, you will be contacted immediately. When a parent or guardian cannot be reached, the student will be transported by ambulance to Frisbie Memorial Hospital and accompanied by the nurse, administrator or designated faculty member. To ensure optimum care, it is important to update us continually with new phone numbers, changes in your child’s health, new medications, or anything else that impacts his or her well-being at school.

**Activity Restrictions at School:** Physical Education is a regular part of our school curriculum. If your child has an injury or illness that requires that they be excused from activity in physical education, **a physicians order should be sent to the nurse and PE teacher.** It is expected that any child who has restricted activity in physical education will have restricted activity at recess. We need to be certain that any student who is recovering from an injury or illness is safe at school.

**Health Screening:** Vision and hearing screening is performed on all Milton Elementary School students throughout each year. **If a problem exists, you will be notified of further medical evaluation if needed.**



### **IMMUNIZATION REQUIREMENTS\***

**In accordance with state law, students must have the following before they may enroll and attend school.**

- ❖ Immunizations up to date with 2008/2009 guidelines..
- ❖ Documentation of a physical within one year of enrollment.
- ❖ Signature or stamp of the physician/health facility that administered these.
- ❖ **For students with religious or medical exemptions, special forms are located in the nurse's office.**

**Control of Communicable Disease and Illness:** Your child's good health is important to me! Hygiene and health are emphasized throughout the year. I will periodically send home information about what's "going around" and will share tips to keep your family well. Please call or see me whenever you are not certain about sending your child to school. With this packet you will also find attached an information sheet about *pediculosis* ("head lice"), a remarkably common childhood condition – a nuisance I'd like to help you avoid!

**You are encouraged to share any concerns or problems relevant to your child's health.** If you have any questions or would like to meet with me, please do not hesitate to call me at 642-4539.

Best wishes for a fantastic school year.

*Susan Welch, RN*

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