

Reminders from the school nurse for the upcoming school year-

HEALTH IN SCHOOL: Health is an important factor in being able to learn. Please be sure that your student is well rested and nourished before coming to school each day. Students need to have adequate food and beverages during the day, so please help them plan for this on a daily basis. Personal hygiene is important for health and self-esteem. Please work with us to encourage students to be responsible and accountable in being clean, well groomed and dressed appropriately.

ILLNESS: If your student is sick in the morning, please do not send him/her to school. **If they have a temperature of 100 degrees or higher, have had diarrhea or vomiting in the last 24 hours or if you have been told that they have a communicable disease and have been on medication for less than 24 hours they should not be in school.** Notify the school office of the absence. If your student is identified as having a possible communicable disease (such as conjunctivitis or 'pink eye', impetigo, or lice), you will need to pick them up from school immediately. Do not return the student to school until treatment has occurred or there is documentation that the child is free of communicable disease. If a student complains of not feeling well during the school day and has any of the following symptoms, a temperature above 100 degrees, vomiting or diarrhea, you or someone indicated on your emergency authorization form will be notified to pick up the student. If there is no fever and the student is unwilling to return to class activities, you will be notified. The single most effective prevention against the spread of disease is proper hand washing before eating and after toileting!

MEDICATIONS: Ohio law allows schools to assist with the self-administration of medications if the medication is necessary for the student to be able to attend school and cannot be scheduled outside of school hours. District policy requires all medications to be registered with the nurse's office. In order to be able to take medications during the school day, there must be a completed signed request form on file in the nurse's office. If you are anticipating going to a health care provider, you may want to take a form with you. **All medication must be delivered in the original container by the parent or guardian. Medication will not be accepted for administration from the student.** Be sure to ask your pharmacist to prepare and label a container for both home and school. Because unlicensed personnel will be assisting with medication administration, it is critical that all forms and steps are followed precisely. Medications must have been given under the supervision of parents with no adverse effects before the student can take the medication at school.

Prescription medication must be accompanied by a signed authorization from the health care provider. Medication that needs to be given temporarily and that is over-the-counter (for example, Benadryl, Tylenol, nasal sprays, Ibuprofen, cough suppressants, topical ointments) should be planned for administration outside of the school hours. However, if that medication is necessary for the student to attend school, you may complete a non-prescription medication request form and deliver the medication in the original container to the school.

Parents/guardians unable to meet the requirements for the school to assist with the administration of medication are welcome to come to the school to supervise the administration of the medication to their student. Students are not permitted to carry medications on their person (except those emergency medications authorized by the licensed health care provider, requested by a parent, and approved by the principal). Medications must have been given under the supervision of parents with no adverse effects before the student can take the medication at school.

IMMUNIZATIONS: All students in Ohio are required to have up-to-date immunizations documented and on file. **Remember, it is now required that, before school entry, all kindergarten students receive a second dose of varicella (chickenpox) vaccine and that the final dose of polio vaccine be administered on or after the 4th birthday. Also 7th grade students must receive a booster Tdap vaccine before the start of their school year.**

Contact your health care provider or the Licking County Health Department at 349-6535 for their immunization clinic schedule. **Students will be excluded, but not excused, from school on the 15th day of school if immunization mandates are not met.**

EMERGENCY MEDICAL AUTHORIZATION: Please return this form to the school as soon as possible. We use these forms whenever a student travels off-campus or has a health concern at school. State law requires that it be updated annually. It is important that you include telephone numbers that can be used to contact you in an emergency. Also, please include the names and numbers of individuals nearby who can be contacted in the case of emergency or illness if you are unavailable. Consent for medical treatment covers only an emergency as determined by emergency medical services. It does not mean that you are consenting for routine care. Your student will not be able to participate in any field trips, special activities or off-campus activities until this authorization is completed and returned. Please include any health conditions that may affect your student.

HEALTH SCREENING: The state mandates vision and hearing screening for all kindergarten, 1st, 3rd, 5th and 9th graders and students new to the district. In addition, 7th graders are screened for vision. If any problems are identified, parents/guardians will be notified. If a student has had a vision or hearing exam during the past year, they may be excused from this testing upon a written report from their health care provider. Students should have their corrective lenses with them in school at all times.

Please remember

Your child should stay home from school if they have had any one or more of the following symptoms within the past 24 hours before the school day-

- Fever of 100 degrees or higher
- Diarrhea
- Vomiting
- Diagnosis of communicable disease

Your child should be symptom free for a full 24 hours before they return to school. In addition, children with any degree of fever accompanied by body aches and chills should be observed for influenza.

Thank you for your assistance in making this school year a happy and healthy one for our students! Feel free to call anytime with questions or concerns- 587-4423.

Patty Brown, R.N.
GCA School Nurse