



## Health Regulations

In order to help all children reach and maintain their optimum health, the following health regulations are in effect:

1. **Health and Dental Examinations Authorized by State Law**
  - a. Students shall have physical exams in grades 1, 6, 11.
  - b. Students shall have vision exams in grades K-12.
  - c. All students shall have dental exams in grades 1, 3, 7.
  - d. All students in grades K-3, 7 and 11 shall have hearing tested annually.
  - e. Students will be screened for scoliosis in grades 6, 7.
  - f. All students will have height, weight and BMI checks yearly.

Parents are encouraged to take their children to their own physician and dentist for the examinations if possible. It should be kept in mind that, due to the number of students that require examinations by the school physician and length of time available for the examinations, these do not constitute complete physical examinations. We, therefore, recommend that your child be followed by his/her own family physician for both routine and episodic health care. Your family physician will be able to implement those recommendations of the American Academy of Pediatrics for health care supervision.

Any physical or dental examination completed one year or less prior to the opening of school shall be acceptable, providing results of such examinations are recorded on the proper forms. Merely a note or phone call from the parent will not be accepted. The proper forms will be given to you or mailed to you upon request. The forms are to be completed by the family physician or dentist. Physical forms should be returned to the school nurse and dental forms to the dental hygienist as soon as possible. Parents will be notified in advance of the medical examinations. Parents are invited to be present at the time of the exam, especially for elementary children. Parents will be notified of findings that are not normal.

The examination is an educational experience in which we strive to make a pleasant one. If you are having difficulties in obtaining correction of physical defects, please let us know. We may be able to direct you to resources unknown to you.

## **2. When to Keep Your Child Home**

When a student presents any one of the following symptoms during the night or in the morning, he/she should be kept home:

- a. Rash, fever (100 or greater), earache, diarrhea, sore throat, and vomiting.
- b. The length of time that children must remain home with the following diseases, providing there are no complications, is:
  - i. Chickenpox – must remain out until all lesions are dried or crusted.
  - ii. Strep Throat/Tonsillitis – must remain out 24 hours from the time antibiotic from a health care provider is started.
  - iii. Scarlet Fever/Scarletina – must remain out 24 hours from the time an antibiotic from a health care provider is started.
  - iv. Conjunctivitis (pink eye) – must remain out until there is no discharge from the eye, but at least 24 hours after antibiotic eye drops are started.
  - v. Impetigo – must remain out 24 hours from the time appropriate treatment has begun.
  - vi. Head Lice – must remain out until the child is given the required treatment as outlined in the Student Handbook and is checked by the school nurse for re-entry.
  - vii. Scabies – must remain out until completion of appropriate treatment as ordered by a health care provider.
  - viii. Ringworm – must remain out until appropriate medical treatment has begun.
  - ix. German/3 Day Measles – 4 days from onset of rash
  - x. Mumps – until temperature and swelling disappears
  - xi. Measles – four days from onset of rash
  - xii. Whooping Cough – three weeks from onset or 5 days from institution of appropriate antimicrobial therapy.
  - xiii. Influenza/Hepatitis – until fully recovered.

## **3. Lice**

Please refer to Student Handbook for head lice policy.

## **4. Administering Medication/First Aid**

The school nurse is responsible for the administering of first aid and medications. Requirements for administering prescribed medication shall be:

- a. A completed Authorization for Medication During School Hours form-F210- A and F210-B from the parent and healthcare provider requesting that medication to be given.
- b. An original medication bottle from the pharmacy including the name of the student, physician, prescribed medication, the dosage amount and time to be given. You may request an extra bottle from the pharmacy for in-school use
- c. The parent and physician must renew all medication orders each year.

“Over-the-counter” (OTC) medication will not be given to your child during school hours unless we have a completed Authorization for Medication During School Hours form. Form F210-C. The school will provide these medications. To Find Using the Penns Valley Website: Go to District>Student Support Services>School Health. You will the forms on this site.

## **5. Immunizations**

All Students entering school must be immunized against Hepatitis B, diphtheria, pertussis, and tetanus (DPT), polio, rubeola (regular measles), rubella (German or 3-day measles) and mumps (MMR). A child must also be vaccinated for chickenpox (varicella) or have a written statement stating he/she had the disease.

All 11 year old students are required to receive a meningitis vaccine and tetanus booster (Tdap).

The school district is required to maintain accurate and up-to-date immunization records for all students. Therefore, if your child receives an immunization, please have the doctor write a note to the school nurse, giving the type and date of the injection.

## **6. Transportation of Sick Students**

Acutely ill and seriously injured students will be transported by ambulance whenever and wherever necessary. However, it will be necessary for parents to provide transportation in situations that are not of an emergency nature.

## **7. Emergency Information Forms**

The “Permission to Notify/Share Confidential Medical Problems” form is kept on file in the nurse’s office at each school. In order to provide the safest environment for your child, pertinent medical information is shared with necessary staff if the permission to do so is signed and returned to the school nurse. Until this form is in place, the nurse is unable to inform others of your child’s medical needs. We ask that you please return this completed form promptly. If you DO NOT want the nurse to share medical information about your child with the staff, please be sure to mark this option on the form.

School nurses are not qualified or permitted to make any diagnosis. Please do not expect them to do so. Nurses can advise whether physician's care is needed or not, render first aid and care for minor illnesses. This may help you to understand the importance of Emergency Information forms and the procedure followed in the administration of first aid. (See 7)

## **8. Administering of First Aid**

The following procedures will be observed in cases of students becoming ill or sustaining injuries in school:

- a. Immediate first aid
- b. Notification of parents by school nurse or other school personnel.
- c. Transportation by ambulance in emergency situations only.
- d. Direction of parents to further help if indicated.

The school cannot assume responsibility of injuries that did not occur at school. Parents are requested to refrain from asking school personnel to treat such injuries.

## **9. Parent's Responsibility**

Parents are urgently requested to make arrangements for the care of school children in the event of their sudden illness. We would remind you that your child should be under the care of a family physician for his/her health care supervision. Working parents should be prepared to leave work to care for their children or have arrangements made for someone else to care for them at home. The school cannot accommodate sick children for an extended period of time nor should they be expected to do so. Only emergency care can be provided.

- a. All payments for physician/ambulance services in emergency situation are the responsibility of the parents.
- b. The contract between the school and physicians does not include suturing, x-rays or any office calls at the Medical Center.

The insurance offered through the school does cover most of the services needed on an emergency basis. It is the responsibility of the parent to decide whether to buy this insurance for their student.