

Los Alamitos Unified School District
School Health Safety Guidelines

Illness, Injury or Accidents at School

Any student feeling ill should inform the teacher and ask for a pass to the Health Office. Students feeling weak or faint will be accompanied to the Health Office. If a student requires longer than a 15 minute rest, a parent will be contacted and asked to pick the child up so proper care and attention can be received at home. Parents, or a parent designee, should be available to pick a child up within 30 minutes of a call from the school. **Current phone numbers MUST be listed on the Emergency Card at all times.**

Every effort is made to provide for your child's safety and comfort at school. If your child should have an accident or injury at school, first-aid will be given immediately to make the child as comfortable as possible. If an injury is more serious than a simple bruise or a scrape, parents will be called. If parents are unavailable, and in the judgment of the school administrator emergency treatment is needed, paramedics will be called dialing 3-911.

Following a severe injury or illness, a note must be received from the family physician (School Participation Following Injury/Illness) stating that the child is cleared to return to school. This form must also be used when a student is using a wheelchair, crutches, or other activity limitations or restrictions.

School Health Guidelines/Communicable Disease Control

It is the responsibility of the parent to notify school IMMEDIATELY WHEN A COMMUNICABLE DISEASE IS SUSPECTED OR DIAGNOSED. This is an important step in the control of disease. Examples of communicable diseases are measles, mumps, chicken pox, impetigo, ring worm, fifth's disease, etc. Children must be cleared by the school office before being allowed to re-enter the classroom.

Throughout the year, students are frequently exposed to upper respiratory infections and other illnesses. The following guidelines may help your child stay healthy and help in determining whether or not you should send your child to school.

Your child should not be sent to school, or will be sent home, if the following are present:

1. **Fever.** A temperature of 101.0° or above (orally) within the last 24 hours. If less than 101.0° but child has behavior changes or is unable to participate in the school day as determined by staff. A child should be fever free for at least 24 hours, without fever reducing medication before returning.
2. **Vomiting.** Vomiting 2 or more times in the prior 24 hours. If accompanied by a fever. If vomit appears green or bloody. If there has been no urine output for the last 8 hours. If there is a history of a head injury. If behavior changes causing difficulty with classroom participation.
3. **Diarrhea.** Diarrhea in the last 18-24 hours, including watery stools with increased frequency. If accompanied by a fever. If the child wears diapers. If the diarrhea cannot be contained in the toilet. If there has been no urine output in the last 8 hours. If behavior changes causing difficulty with classroom participation.
4. **Cold Symptoms.** Students will be sent home if they have a fever, behavior changes causing difficulty with classroom participation, or difficulty breathing.
5. **Eye Irritation/Pinkeye.** Student will be sent home if purulent (pink or red conjunctiva (whites of eyes) with white or yellow mucus), or diagnosed with bacterial conjunctivitis, until treated.
6. **RASH.** A child may return to school when the rash has cleared or there is a note from the doctor indicating that the condition is not contagious or that appropriate treatment has begun. Some rashes will need to be covered at school even during treatment.
7. **Head lice or nits.** Request "Parent Guide to Head Lice" from your school site. Our district has a "no lice" policy that requires lice treatment. Students will be sent home at the end of the school day and may return if lice free, there is no exclusion for nits.
8. If a student shows symptoms of illness during the night, please keep him/her home the following day. Students who stay home at the onset of illness recuperate faster and miss fewer days of school overall. When the body is trying to fight an illness it is more likely to pick up other germs and remain sick for a longer period of time. Everyone enjoys better health when the number of sick people that others are exposed to is reduced. **Practice frequent HANDWASHING- it continues to be the best way to stop the spread of disease!**

Health Resources in Orange County

•Health Care Agency – (714)834-3500

•Child Health and Disability Prevention Program (CHDP) – (800)564-8448

•Free immunization Reference line – (800)564-8448

•Poison Control – (800)222-1222 / Pest Control (800)491-1899