

Collier Schools - Health Services

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Hello and Welcome to Collier School,

Nurse Theresa at the HS and Nurse Anna at the MS have created this document to familiarize you with our role as your child's school nurse and to serve as a resource for you and your child.

Please note that prior to entry to Collier Schools all students must provide proof of immunization compliance in accordance with the NJ Department of Health. Immunization requirements can be found at: https://www.nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf

The **Student Health History** form is extremely important for the nurses to have. This form is on the Collier HS and MS websites under the tab "Documents & Forms-Nurse Forms" (link below). **This form must be completed annually.**

The **OTC (Over the Counter) Medication Form**, is available in the "Documents & Forms-Nurse Forms" tab, should you want your child to receive Tylenol, Advil, Tums or Benadryl (for allergic reaction only) while at school.. **This form must also be completed annually.**

Also on the CHS and CMS websites under the "Documents & Forms-Nurse Forms Nurse tab you will find:

- Medication Administration Form - should your child require prescription medication to be administered at school
- ATP (Asthma Treatment Plan) - if your child has asthma and requires medication in school
- Food Allergy Form - should your child be prescribed Epinephrine for anaphylaxis.

These forms must be completed every year by your child's physician and yourself. If you do not have access to a printer please let me know and I will send home a hard copy of the form(s) with your child.

- Additionally on the CHS and CMS website under the "Documents & Forms-Nurse Forms tab you will find documents related to Sports Physicals.
- <https://www.collierhighschool.com/parents-students/documents-and-forms>

Students are NOT ALLOWED to carry medication of any kind in school; this includes OTC (over the counter) medication such as acetaminophen, eye drops, ibuprofen, etc. Inhalers and/or Epinephrine Auto-Injectors may be carried with proper medical documentation and school nurse approval.

Prescription medication MAY NOT be carried. **For medication to be administered in school the following criteria must be adhered to: a completed medication administration form filled out by the physician with parental signature (must be completed annually). The medication in the original container brought to school by the parent (if parents cannot bring in the medication the student will be allowed after verbal permission is granted from the school nurse). Medication administration forms can be found on our website.**

The NJ Department of Education suggests a physical examination to be completed upon school entry. A physical examination done within the past 365 days of entry is deemed acceptable if a copy can be obtained. It is recommended that students have a physical examination between grades 7-12 or annually if your child participates in an athletic program (paperwork is on the website-under nurse's office). The student's doctor (medical home) should complete these examinations. Please send proof of the examination to the school nurse. The Department of Health strongly encourages children with chronic conditions such as asthma, diabetes, or sickle cell anemia, to receive the Flu vaccine each fall.

Our school nurses here at Collier Youth Services, provide the following health services:

- Height, weight and blood pressure screening annually, medication administration, health counseling, first aid, vision screenings (grades 6, 8 & 10), hearing screenings (grades 7 & 11), scoliosis screenings (biannually for students between 10-18 years old) and other medical care as needed.

IMPORTANT:

- Students should not attend school if they are ill. Reasons for not attending school include, but are not limited to: vomiting and/or diarrhea within the past 24 hours, elevated temperature (>100.0) within the past 24 hours, strep throat, conjunctivitis, ear infection with drainage, influenza, or any other communicable (infectious) disease.
- If your child requires surgery or an extended absence from school due to a chronic or acute medical condition please notify the nurse directly. Medical clearance from your child's physician will be required to return to school - physician notes must include dates of excused absences from school listing any restrictions (if applicable), the date the student is medically cleared to return to school and if any prescription medications or specific treatments are needed.
- Students need a written doctor's note to receive prescription medication in school, to return from medical exclusion, to use crutches or other orthopedic device, accommodations/modifications during the school day due to ambulatory issues, or to be excused from Physical Education class due to chronic conditions (physician note must be updated annually)
- Parents should notify the school nurse immediately if their child has been diagnosed with food allergies, insect sting allergies, diabetes, asthma, sickle-cell, or any other potentially life-threatening illness.

Our #1 priority at Collier is the health and safety of all students, their families, our staff and the community at large. Attached to this letter, is the most current Covid - 19 information and protocols we are following at Collier - please read carefully.

Thank you for partnering with us to ensure the health and safety of your child and their peers. Please reach out to the school nurse at your child's school for any questions or concerns.

Looking forward to a great year,
Theresa Alves and Gwen Lalor

COVID-19 Information

If your child is experiencing COVID-19 compatible symptoms such as fever, chills, muscle/body aches, headache, sore throat, nausea/vomiting, diarrhea, fatigue, congestion or runny nose, new loss of taste and/or smell, cough, has difficulty breathing or has been in close contact with a Covid positive individual please keep your child at home and notify the school nurse. Please have your child tested for Covid-19 and notify your child's Health Care Provider.

Any student or staff arriving to school with Covid compatible symptoms, a known exposure to Covid or a temperature >100.4 will be sent to the school nurse for further evaluation. If students/staff meet Covid symptom criteria they will be sent home immediately (medically excluded) and may not return to school without providing a negative Covid test result.

Reasons for a medical exclusion include but are not limited to; Experiencing 2 of the following symptoms-fever, chills, muscle/body aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue, nasal congestion or runny nose OR 1 of the following symptoms-new or worsening cough, shortness of breath, difficulty breathing, new olfactory or taste disorder.

If your child is fully vaccinated against Covid-19 (Primary series and booster if eligible) and comes into close contact with a Covid positive individual they **STILL MUST** have a Covid test 3-5 days after their exposure even if they are not experiencing symptoms. At this time if they remain symptom free they may return to school without quarantining. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

If your child develops symptoms after exposure (even if they are vaccinated) please keep them home and have them tested for Covid 3-5 days after the exposure. If they test negative they can return to school when their symptoms improve and they have been fever free for > 24 hours without fever reducing medication. If your child tests positive they must isolate for 5 days and provide proof of a negative Covid test before returning to school.

The CDC defines an exposure as being within 6 feet of an individual who tests positive for Covid for 15 minutes or longer even if masks were worn.

If your child has received the Covid vaccine please send a hard copy of the immunization card. You may also email or fax a copy to the school nurse.

Collier School will follow guidance from the NJDOH, NJDOE, LHD and CDC for all matters related to Covid-19. As Covid case numbers change weekly certain mitigation strategies may need to change as well. Weekly Matrix levels according to region are released every Friday and can be found at: <https://www.nj.gov/health/cd/statistics/covid/>

Guidance from the NJDOH and Monmouth County Health Department is ever changing as Covid Activity Levels fluctuate. At this time, the most current guidance from the NJDOH: COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools can be found at: https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts_K12Schools.pdf

Parents and/or guardians should continue to monitor their child for known Covid exposures and Covid compatible symptoms daily. All Collier Schools Covid-19 Resources can be found at: <https://www.collierhighschool.com/covid-19-resources> This website allows parents/guardians to complete an on-line form titled - "Parent/Student Covid-19 Symptom/Exposure Reporting Form" should your child have a known exposure to Covid-19 (regardless of vaccination status) or is exhibiting Covid compatible symptoms (regardless of vaccination status).