

Information To Share With The School Nurse

- Hospitalization or emergency room visits for any reason
- Significant changes in student's physical health, emotional health, family, or home environment
- Any health condition which may affect students during the school day or school activities
- Head lice, chickenpox, strep infection, or any other condition that may be communicable to another person
- Documentation of recent physical exam, vaccinations, or TB (Tuberculosis) test
- All medications which are taken at least once a week and/or prescribed by a medical provider
- Any persistent physical complaint(s) or symptoms(s)
- Any known head injury
- Eyeglasses or contact lenses prescribed
- Known or suspected vision or hearing difficulties
- Students who may need assistance, accommodation, or therapeutic intervention during regular school hours (i.e. medication, crutches, cast, physical education limitations, etc.)
- Changes of Emergency Contact Information, phone numbers, address (Please inform the main office secretary)

When To Keep Your Student Home

Students learn best when they are healthy and alert in school. Keeping your ill student home helps your student recover quicker and helps prevent illness for other students.

This is a list of some conditions for which your student should be kept home from school:

- Fever of 100°F or higher in the past 24 hours without fever-reducing medication
 - Vomiting the evening prior to or morning of a school day
 - Significant stomach cramping with or without eating or bowel changes
 - Sore throat with other symptoms of actual or impending illness
 - Cough or runny nose which is frequent and persistent
 - Physical complaints or symptoms that interfere significantly with his/her usual functioning
 - Significant pain or discomfort of any body part not relieved by medication
 - Skin rash that is unexplained on student's face or body that may be contagious (see a medical provider for diagnosis)
 - Significant lack of sleep the night prior to school day

Illness or Injury

If your student is ill or injured during school hours, he/she will be assessed by the school nurse. You will not be contacted each time your student visits the school nurse, however, in the event your child appears to have a serious illness or injury, every effort will be made to notify you. Please be sure all phone numbers, emergency contact persons are kept current throughout the school year. Please notify the front office secretary of any changes.

A student with symptoms of a possible communicable disease will be sent home from school at the discretion of the school nurse. If your student has been diagnosed with a possibly contagious illness, such as flu or strep throat, please notify the school nurse.

Communicable Disease Policy

Head Lice Policy

-[Head Lice Letter to Parents](#)

-[Head Lice Lesson 101](#)

Health Screenings

The district's School Health Services program supports your child's academic success by promoting health in the school setting. One way to provide care for your child is by performing the health screenings as mandated by New Jersey State. The school nurse will provide a referral notification to the parent/guardian of any student suspected of a deviation from the recommended standard which may need medical follow-up.

Influenza and Cold Season

Flu season can begin in September and last through to May, so it is not too late to get vaccinated for your child and you. For more information related to influenza check out www.cdc.gov/flu. There are several steps we can take to protect ourselves. First and foremost is vaccination. Hand washing is important all year round to prevent the spread of germs. Frequent handwashing and coughing/sneezing into a tissue or one's arm rather than a hand remains the best practice to fight against spreading germs. As a reminder: Students, who have a fever, must be fever-free without fever-reducing medication for 24 hours before returning to school.

[Reminder to Take Action To Prevent the Flu](#)

To be proactive during this year's challenging flu season, we are providing the following information from the Centers for Disease Control (CDC):

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually

-Fever or feeling feverish/chills

-Cough

-Sore throat

-Runny or stuffy nose

-Muscle or body aches

-Headaches

-Fatigue (very tired)

-Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

Flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze, or talk.

Less often, a person might get the flu by touching a surface or object that has the flu virus on it, then touching their own mouth, nose, or possibly eyes.

You may be able to pass on the flu to someone else before you know you are sick, as well as up to 5-7 days after becoming sick.

The first and most important step in preventing flu is to get a flu vaccination each year. The CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes, and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. There are tests available to diagnose flu and anti-viral drugs that can help lessen the severity of a flu virus. Contact your family physician if you suspect that you, or someone in your family, may have the flu.

We ask that you help us in our efforts to keep our school environment a healthy one by encouraging your children to practice good hygiene – washing hands is an important preventive measure. Please keep your children home when they're sick. Our Health Office protocol is that an individual is fever-free for 24 hours without the use of fever-reducing medications before returning to school.

Thank you for your cooperation in this important matter. For more information about the flu, please go to the CDC website: <https://www.cdc.gov/flu/>

Management of Life-Threatening Allergies in Schools

A description of the roles and responsibilities of parent(s) or legal guardian(s), staff, and pupils to prevent allergic reactions and during allergic reactions are outlined in [Policy 5331](#).

There will be occasions where food and/or beverages will be served as part of a classroom experience, field trip, and/or celebration. Because the ingredients of these food and beverage products may be unknown to the food preparation person and/or server, a pupil with

anaphylaxis to food should not consume any food products that he/she is unsure of the ingredients. The teacher will provide, whenever possible, advance notice of the classroom experience, field trip, or celebration in order for the pupil to bring a food or beverage product from their home so they may participate in the activity.

Medication Policy

Medications that can be taken at home before or after school should be arranged in this manner. Medication may be administered during regular school hours with a current medical provider's order on the Edison Township's Medication form. **Please do not bring in prescription or over-the-counter medication without the proper medical provider's medication order or the medication will be taken away and not be administered.** The medication order from the medical provider must include diagnosis, dosage, and length of time the medication is to be given. All orders must be renewed each school year to ensure treatment is current. The parent signed permission will give the authorization to administer the medication as prescribed by the medical provider. An adult must bring the medication in the original labeled container and the signed medication form to the school nurse. (Refer to [District Forms](#))

All medication must be picked up by a parent/guardian on or before the last day of school or at the time the medication is discontinued. Any remaining medication will be disposed of at the close of the last school day.

Guidelines for Physical Education Excuses

Students with a physical activity excuse shall be excused when a note from an approved Healthcare Provider is given to the teacher and school nurse. Your medical provider may write their own note or use the [Edison Township District Form](#).

Physical Examination

Each student is required to have a physical examination upon enrollment into school. This examination must be done no more than 365 days prior to entry. This examination documentation must be provided to the school nurse within 30 days of enrollment into school. Please have your medical provider complete the student [Health Examination Form 16](#).

It is important for your student to receive subsequent medical examinations at least once during each developmental stage.

-Early childhood (preschool through grade 3)

-Pre-adolescence (grades 4 through 6)

-Adolescence (grades 7 through 12)

You are encouraged to have your student examined by his/her primary healthcare provider during these critical periods of development to ensure your child's good health. When you have your child examined, please have the medical form completed and returned to the school nurse.