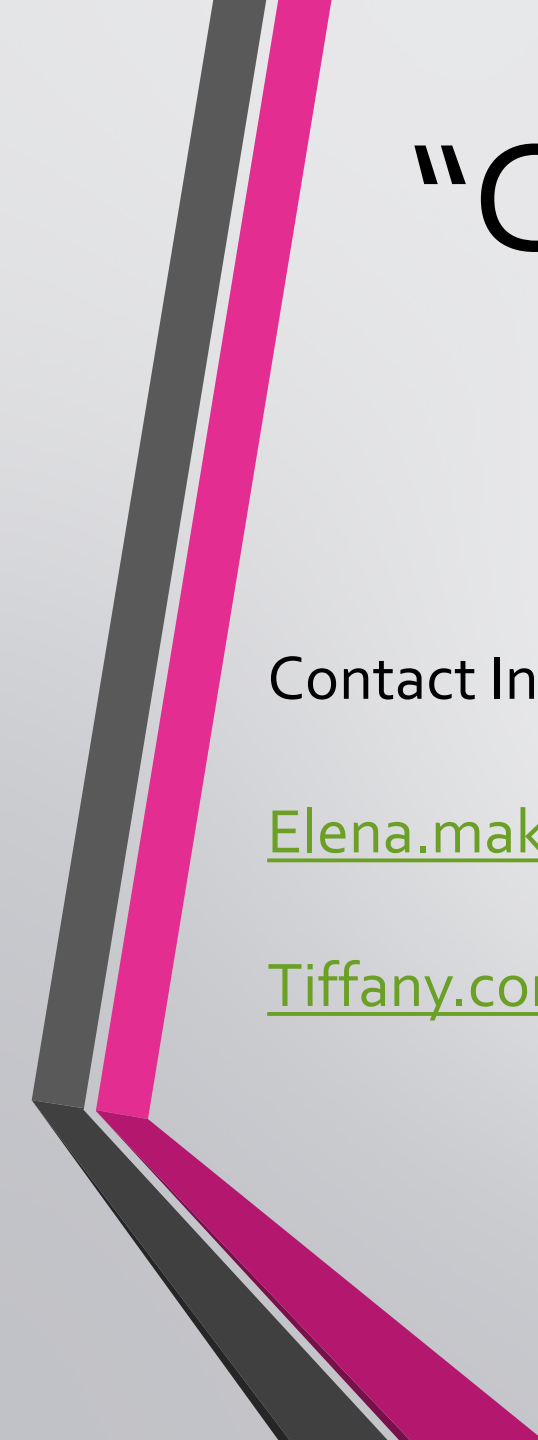




Welcome to the Sayreville Middle School health office

Elena Makarets RN

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“Caring is the essence of Nursing”

Jean Watson

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Medical Concerns

- ❖ Please notify your school nurses of any medical concerns or changes in your child's medical status.
- ❖ Please remember that a medical note is required for accommodations. A new note must be resubmitted every school year.

Immunization Requirements

- ✓ New Jersey Department of Education immunization requirements remain in effect.
- ✓ If you received a letter from the nurses indicating that your child needs immunizations, please submit proof of the required immunizations to your school nurses as soon as possible.
- ✓ If you do not have insurance please contact your nurses for information on available clinics.

Medication Administration

- ❖ All medications administered in school, including over the counter medications, require written medical orders and signed parental consent.
- ❖ Medication orders must be resubmitted each school year.
- ❖ Medication must be provided to the school and must be in the original labeled container.
- ❖ Medication forms are available on the district website or you may contact the nurses' office.

Students With A Diagnosis Of Asthma

- All students with a diagnosis of asthma need to submit a new asthma treatment plan each school year.
- Nebulizers will not be administered in school during the 2021 -2022 school year due to Covid 19 restrictions.
- Spacers must be used with all inhalers during the 2021-2022 school year due to Covid 19 restrictions
- Students who are permitted to self administer their inhaler should carry their medication with them daily. (An asthma treatment plan must still be submitted for a student who self administers their inhaler)
- If an inhaler is provided to the school, it must be in the original labeled box.
- Asthma treatment plans are available on the district website or you may contact your school nurses.
- Faculty receives asthma training each school year.

Students With Allergies

- Students with allergies that require epinephrine need to submit an allergy treatment plan each school year.
- Please provide a unexpired Epi-pen or other epinephrine auto delivery device for the nurses' office
- If an antihistamine (i.e.. Benadryl) is ordered by your provider, please provide that as well.
- Students whose medical provider indicated that they can self administer epinephrine may carry their epinephrine.
- Any student who receives epinephrine during school or a school sponsored activity will be transferred to a emergency room via EMS for further evaluation and observation.
- Allergy treatment plans are available on the district website or you may contact your school nurses.
- Faculty receives allergy training each school year and additional training as needed.

Students With A Seizure Disorder

- Students with a seizure disorder must submit seizure action plan each school year.
- Please provide a current medication order each school year for all medications, including rescue medications, that will be given in school.
- Please provide all necessary medications in the original labeled bottles/boxes.
- All faculty is trained each school year to recognize seizures and in first aid for seizures according to “Paul’s Law” requirements.

Students With A Diagnosis of Diabetes

- Students with a diagnosis of diabetes need to submit diabetic orders from their endocrinologist each school year.
- In addition, parents are requested to complete the “Quick Reference Emergency Plan” provided by their school nurses each year.
- Please provide unexpired diabetic supplies for the nurses’ office.
- Students who are independent in their diabetic care at school and will not be reporting to the nurses’ office for blood glucose testing/insulin administration, must submit a note from their endocrinologist stating such.
- Faculty is trained each school year to recognize signs and symptoms of hypo and hyperglycemia. Additional training is provided as needed.


Students Participating In Sports

- Students participating in school sports must have a current sport physical on file at their school.
- The Sport Physical must be on the State mandated pre-participation physical forms.
- Students with asthma, an allergy that requires epinephrine, diabetes or seizures must submit the appropriate treatment plan each school year prior to clearance for participation in sports.
- Sport physical forms are available on the district website under athletics.
- Please see the district athletic web site for instructions, procedures, consent forms and sport physical forms.
- During the school year, physicals should be submitted to your individual school nurses.
- Sport physicals that are submitted to the school must be reviewed and signed by the school doctor. This process can take up to two weeks.

Covid 19 Considerations

Symptoms of Covid 19 may appear 2-14 days after exposure to the virus.
People with these symptoms may have COVID-19:

- Fever
- Chills/ Rigors
- Cough
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Nausea or vomiting
- Diarrhea



We look forward to working with your child and always strive our best to maintain their health and safety.

Please do not hesitate to contact us with any questions or concerns that you have.

Your school nurses,
Elena Makarets RN &
Tiffany Cortes RN