

RE: Letter from the Health Services Office

Dear Parents/Guardians,

***\*Please advise the school nurse if your student has any health problems (including seasonal allergies, chronic rhinitis, life-threatening allergies, or medical care needs at school, or if your student is taking any medication at home).***

### **Medication While in School**

As a reminder, if your child needs any medication(s) during the school day, including all over-the-counter medications, such as Tylenol\*\*, Advil\*\*, and Benadryl, a medication authorization form must be completed and signed by both a physician AND the parent/guardian. These forms are available under “Forms and Documents” on the Health Services webpage (<https://www.sayrevillek12.net/district/departments/health-services>) or in the health office of each school. In addition, the medication must be brought to school by a parent or guardian (not the student) in the *original sealed container*, properly labeled with the student’s name. Plastic baggies are not acceptable.

**\*\*Medication should only be given during school hours if it is a requirement by the physician, all medicine that can be taken at home, should be taken at home.**

No medications will be administered at school without the accurately completed forms.

\*\*Medications will not be given to reduce fever while in school.

### **Asthma/Allergy**

If your student has an allergy or asthma, an appropriate plan must be filled out by you and the doctor. These forms are available under “Forms and Documents” or in the health office.

### **New Medical Orders/Plans are Required Annually**

All medication orders/plans must be renewed every school year at the beginning of the school year. Orders from the previous school year will not be accepted. All medication orders/plans must be submitted to the Health Office of your child’s school. All medications must be picked up by the last day of school or they will be properly disposed of.

### **When Should My Student Stay Home from School?**

- Students should not be sent to school with any fever (100.4 or greater). They can return once they are fever free for 24 hours **without the use of fever-reducing medication.**
- Nausea/vomiting/diarrhea due to illness, not due to a chronic condition. ***Student must be able to tolerate food without vomiting for 24 hours prior to returning to school.***
- When a student has been diagnosed with strep throat, he/she must be on antibiotics for at least 24 hours prior to returning.

- Students experiencing symptoms of a communicable disease will be sent home in accordance with New Jersey Department of Health Guidelines. You can find current NJDOH school exclusion guidelines at ([https://www.nj.gov/health/cd/documents/topics/outbreaks/School\\_Exclusion\\_List.pdf](https://www.nj.gov/health/cd/documents/topics/outbreaks/School_Exclusion_List.pdf)) **Please have at least one person listed on your emergency contact list in OnCourse who will be able to pick your child up from school within an hour of calling home.**

#### **Health Office Reminders:**

- Please provide an extra set of clothing in your child's backpack in the event your child needs to change due to a spill, or rip. If there is a bathroom accident the nurse will call home to communicate your child's needs.
- If your child sustains an injury that requires them to sit out of physical activities (such as gym, recess, field day, sports) they will require a letter from the doctor outlining the necessary accommodations. A clearance note from the doctor will be required to return to physical activity.
  - Accommodations may include: Use of crutches, extra time between class, etc.
- It is strongly recommended that an updated health physical be completed yearly and given to the nurse.

#### **Immunization Requirements:**

- Kindergarten Students:
  - Updated Immunization Record reflecting the required vaccines
  - Completed Health Physical dated within 365 days (*not required if your child attended preschool in Sayreville*)

For specific questions regarding your child's medical concerns please contact the school nurse directly.

For more information on required vaccines, health office contact information and blank medical forms, please visit: <https://www.sayrevillek12.net/district/departments/health-services>

For additional information on School Health from the New Jersey Department of Health please visit: <https://www.nj.gov/health/cd/topics/schoolhealth.shtml>

Thank you,

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