

Romulus Central School Health Office Information

Contact the health office with any questions



Grade level physicals:

All students in grades PK, K, 1st, 3rd, 5th, 7th, 9th & 11th grade will need to have a health examination completed and submitted to the health office. These health examinations can be completed by your child's Pediatrician but we also offer health examinations here at the health office that are free of charge.

Sports physicals:

All students in grade 7th - 12th participating in organized sports must have a current health examination on file in the health office to participate. Again, these health examinations can be completed by your child's Pediatrician or here at the health office free of charge.

Impact Concussion testing:

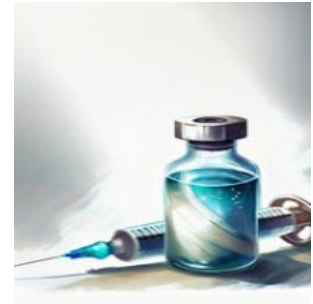
This is a computerized test that is a valuable tool to assess a student who has sustained a concussion. The initial test gives a picture of the student athlete's normal response time and brain function to use as a baseline for a comparison if a head injury should occur. Testing is completed during the students' academic lab.

A yellow rectangular graphic with a black border. On the left, the text reads "LEARN CONCUSSION SIGNS AND SYMPTOMS" in bold black letters, with "AND" in smaller letters between "SIGNS" and "SYMPTOMS". Below this is a red dashed line, followed by "SEE FULL LIST OF SYMPTOMS @" and the URL "www.cdc.gov/Concussion". On the right side, there is an illustration of a clipboard with a white sheet of paper. The paper has a checklist with five items, each preceded by a checkbox: "Headache", "Dizziness", "Blurred Vision", "Difficulty Thinking Clearly", and "Sensitivity to Noise & light". A red cross symbol is in the top right corner of the clipboard's frame.

**LEARN CONCUSSION SIGNS
AND SYMPTOMS**

SEE FULL LIST OF SYMPTOMS @
www.cdc.gov/Concussion

- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & light



Immunizations

Within 14 days of the first day of school, parents must:

- Show proof of their child's up-to-date vaccinations

In order to attend or remain in school, children who are unvaccinated or overdue must receive at least the first dose of all required vaccines within the first 14 days. They also must receive subsequent vaccines in the series within a 14-day period of when they are due to complete the immunization series.

Vaccines required for pre-K, and school attendance

- Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP or Tdap)
- Hepatitis B, 3 doses of the vaccine
- Measles, Mumps and Rubella, 2 doses of the vaccine (MMR)
- Polio, 4-5 doses of the vaccine
- Varicella (Chickenpox), 2 doses of the vaccine

Additional vaccines required for middle school and high school

- Tdap vaccine for Grades 6-12
- Meningococcal conjugate vaccine (MenACWY) for Grades 7-12 (unless your child is 12 years old in the 6th grade then they will need their Meningitis vaccine)
- Students in Grade 12 need an additional booster dose of MenACWY on or after their 16th birthday

Vaccines required for Pre-Kindergarten

- DTaP 4 doses
- Polio 3 doses
- MMR 1 dose
- Varivax 1 dose
- Hepatitis B 3 doses
- Haemophilus influenzae type b conjugate vaccine (HiB) 1-4 doses
- Pneumococcal Conjugate vaccine (PCV) 1-4 doses

Health Concerns:

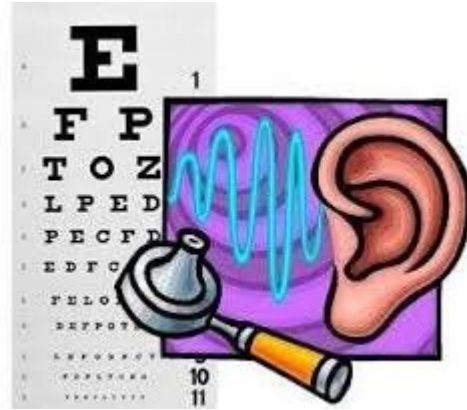
Please notify the health office with any health concerns that might impact their day at school, such as asthma, allergies (bee, food), ADHD, anxiety, diabetes, toileting issues, frequent nose bleeds, dietary restrictions ...



Prescribed Medications - during school hours:

All prescribed medications MUST be delivered to the health office in the original container along with a medical note from the prescribing physician to be administered during school hours.

Students that are "self-directed" to carry and use their medication as needed, also must have a note in the health office from the prescribing physician. These students are required to use their medication responsibly - any misuse of their medication will be reported to their parents and the "self-direction" revoked. Please note that no student should be carrying any medication.



Hearing & Vision Screenings:

Hearing & Vision screenings will be completed for students in the following grade levels: PK or Kindergarten, 1st, 3rd, 5th, 7th and 11th plus all new students.

If you are concerned about your child's hearing or vision contact the health office and we can check this out for you.



I Need to Stay Home if...



I have a Fever	I am Vomiting	I have Diarrhea	I have a Rash	I have Head Lice	I have an Eye Infection	I have been in the Hospital
Temperature of 100°F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or "crusty" discharge from eyes	Hospital stay and/or ER visit

I am Ready to Go Back to School When I am...

Fever free for 24 hours without the use of fever reducing medication.	Free from vomiting for at least 2 solid meals without the use of medications.	Free from diarrhea for at least 24 hours without the use of medications.	Free from rash itching or fever and evaluated by doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Eye has returned to normal or have a note from doctor to return to school.	Released by my medical provider to return to school.
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CDC & NYSDOH Guidance for Respiratory Infections:

Following the updated CDC recommendations, the NYSDOH is revising its guidance for when to stay home and when individuals can return to normal activities after respiratory infections including **COVID-19, influenza, and RSV.**

• Individuals should stay home and away from others, including people they live with who are not sick, if they have respiratory virus symptoms that are not better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache.

• **Individuals can go back to normal activities when, for at least 24 hours, both of the following are true:**

- ✓ Symptoms are getting better overall, and
- ✓ They no longer have a fever without the use of fever-reducing medication.
- ✓ When going back to normal activities, individuals should take added precautions over the next 5 days, including taking additional steps for cleaner air, hygiene, masks, physical distancing, and testing when they will be around other people, especially older adults, young children, and those with weakened immune systems. Keep in mind that people may still be able to spread the virus that made them sick, even if they are feeling better, so it is important to take extra precautions after resuming normal activities.

HEALTH ADVISORY: Updated recommendations on when to stay home and when to go back to normal activities after respiratory illnesses including COVID-19, influenza, and respiratory syncytial virus (RSV). If individuals develop a fever or start to feel worse, they should stay home and away from others again. They should use the same criteria for returning to normal activities as when they first had symptoms and take added precautions over the next 5 days

MERCYONE.

Source: CDC

COVID-19 vs. RSV vs. Flu

COVID-19	SYMPTOMS.....	RSV	SYMPTOMS	FLU	SYMPTOMS.....
	<ul style="list-style-type: none">● Fever or chills● Cough● Shortness of breath or difficulty breathing● New loss of taste or smell● Sore throat● Congestion or runny nose		<ul style="list-style-type: none">● Runny nose● Coughing● Fever● Appetite decrease● Dehydration		<ul style="list-style-type: none">● Fever or chills● Cough● Sore throat● Runny or stuffy nose● Muscle or body aches● Headaches● Fatigue (tiredness)● Vomiting and diarrhea
	<ul style="list-style-type: none">● Muscle or body aches● Headache● Fatigue● Nausea or vomiting● Diarrhea				