



LETTER FROM THE HEALTH OFFICE

Cardiff School District Medication Policy requires that the following precautions be observed for the safety of your child and others.

Prescription Medications:

A Physician's Authorization for Medication form must be completed and signed by you and your Doctor. The medication must be brought to the school health office by an adult, in a prescription container labeled by a California pharmacist with the student's name, medication, dosage, and times of administration. Most pharmacies will be happy to make a duplicate labeled container to be brought to the school if you request it. Changes in medication or dosage will require that a new Physician's Authorization for Medication form be completed. No verbal changes will be accepted.

Over the Counter Medications:

Over the counter medications cannot be administered by school personnel without a written Physician's Authorization for Medication form. Non-prescription medication must also be brought to the school health office by an adult, in its original container and must be clearly labeled on the package with the student's name, the appropriate dose, and time of administration. Medications brought to the school in a ziploc bag or any container other than the original will not be dispensed to the student.

Medication will be kept in a locked cabinet at school. While we will take every precaution possible, we cannot accept responsibility for the loss of or for the administration of the medication.

Lice Policy:

Head lice are indiscriminate invaders that can affect anyone, regardless of personal hygiene or home environment. Lice shampoos are not 100% effective in killing all nits (lice eggs). Live nits will hatch within 7-10 days. Manual removal of all nits is essential to avoid another infestation. Hair should be checked daily for nits and another treatment is recommended 7-10 days after the initial shampoo.

Lice are able to survive for up to 55 hours away from a human host. Lice can travel from one person to another through combs, brushes, towels, bedding, stuffed animals, headrests, upholstery, coats, hats, hair accessories, and close contact. Homes and cars must be thoroughly cleaned and vacuumed after an infestation.

If you discover that your child has head lice, inform the school health office so that we can notify other parents and prevent spreading.

Please feel free to contact the school office if you have any questions, or if there are any special circumstances we need to be aware of. We will be pleased to assist you in any way possible.

GUIDELINES FOR KEEPING AN ILL STUDENT HOME

It is not always easy to know when to send your child to school, and when to keep your child home. These Guidelines are based on public health science. If you have any questions about them, please reach your school nurse.

Please do not send a child with the following symptoms to school:

- Fever of 100.5°F or more, taken orally (or 101°F taken by ear, rectally or temporal scan). Note that ear temperatures are often not accurate and temperature should be taken using another route, if the temperature is high. A child with a fever who has been given a fever reducing medication such as ibuprofen or acetaminophen is not considered “fever free.” The medication will generally lower the temperature, however the child is still contagious and may not attend school.
- Cough and difficulty breathing - Do not send to school if child has labored breathing (heaving of chest muscles with each breath), rapid breathing at rest, blue color to skin, or wheezing (if never previously evaluated and treated), and see a doctor. Keep home if your child has pertussis (whooping cough) until 5 days of antibiotics have been received, or tuberculosis (until treated).
- Rash that is undiagnosed, especially when there is a fever and behavioral change.
- Diarrhea - keep home if the stools are very watery and are increasing in frequency. See a doctor immediately if diarrhea is accompanied by: no urine output for 8 hours; jaundiced skin; or child looks/acts very ill.
- Vomiting more than once a day or accompanied by fever, rash or general weakness.
- Impetigo - Keep the child home for 24 hours after starting an antibiotic treatment.
- Ringworm (a contagious skin fungus infection). Keep home until treatment is started. If it is in an exposed area, upon return, cover the visible area with dressing and/or clothing. Ringworm on the scalp requires an oral medication, but the child may return to school if covered with appropriate cream or covered.

Unless otherwise indicated, students with above symptoms need to be absent for at least 24 hours prior to returning to school.

Antibiotics

Children who are placed on antibiotics for impetigo, strep throat, and several other bacterial infections, should be on them for a FULL 24 hours (longer for Pertussis/Whooping Cough) before returning to school to prevent the spread of those infections. If you are uncertain, ask your school nurse.

If at any time you are unsure if your child's illness is contagious, you may want to call your child's primary care provider. If you have further questions, please contact your school site to speak to the school nurse. Thank you for your continued support of the families in our school community.

Thank you,

Cardiff Schools Health Office Staff

