Alexandria City Public Schools

School Health Services

About School Health Services



School Health Services manages the day to day medical and healthcare needs within the school district. Each school has a designated Registered Nurse that works in the health clinic each day. The School Nurse is there to provide every child with health services and education to support their health, safety, well being, and academic success. For information on each schools assigned nurse, please visit the schools personalized web page.

Services Provided:

- Medication administration
- Emergency first aid for cuts and injuries
- Assistance for illnesses including fever, vomiting, diarrhea, cold symptoms, skin rashes, and more
- Health education for illness prevention and wellness
- Assistance with immunizations for school enrollment
- Assistance for health conditions such as asthma, allergies, diabetes, and seizures
- Referrals to school counselor for mental health support
- Referrals to community resources
- Hearing and vision screenings for mandated grades
- Participation on IEP teams and 504 planning

Director of School Health Contact Information

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Please make sure that your child's school nurse has your updated contact information.

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Sick Day Guidelines

When should I keep my child home or send them to school?

Fever

- Keep your child home if they have a temperature greater than 100.4℉ without taking medication for 24 hours
- Fever may be a sign of a more serious problem. Seek medical advice for fever longer than 3 days.

Vomiting and Diarrhea

- Children should not attend school if they have vomiting and/or diarrhea. Please keep your child home until 24 hours after the last time they vomited and/or had diarrhea.
- If vomiting and/or diarrhea continues and your child is unable to keep liquids down, you should seek medical advice.

Lice

- Children should be treated when they have head lice.
- To treat lice, use an effective head louse treatment. Use nit combs or a fine-tooth comb to remove nits and lice from hair. After each treatment, check hair and remove nits and lice every 2–3 days for the next 2–3 weeks.
- All household members and other close contacts should be examined for infestation. Vacuum, store, wash, or freeze objects suspected of being infested.
- Head lice can be prevented by avoiding head-to-head contact and not sharing personal items, such as clothing, brushes, and hats.

Cough-Cold-Sore Throat

- Although seasonal allergies may cause coughing, sneezing, headaches, body aches, earache and/or sore throat, typically it is still safe to send your child to school. In some cases, these symptoms may be something more. For questions regarding “Cold” like symptoms, please contact your child’s school nurse or healthcare provider.
- Seek medical attention immediately if your child experiences difficulty breathing, wheezing or sudden high fever, chills and body aches.

Eye Irritation

- Eye drainage, crusting, pain or redness may be a sign of infection and should be evaluated.
- If your child is diagnosed with an infection requiring treatment, they should stay home for 24 hours after treatment begins.

Skin Rash

- Skin rashes develop for different reasons. Some are highly contagious and can cause serious problems. It is important to seek medical advice to determine the cause.
- In some cases, children may need to stay at home. Please contact your school nurse or healthcare provider for guidance about returning to school.

Scan the QR code to the right for the Virginia Department of Health guidance on infectious diseases and children.

How can I help my child to feel better?

While at home, encourage plenty of rest and limit TV watching. Encourage your child to increase fluids like water, soup, juice, and ice. Returning to school too soon may delay recovery from illness and may potentially expose others.

What can help my child stay healthy?

- Eat nutritious food
- Wash hands
- Stay active
- Get plenty of sleep

These guidelines are used by the school nurse at their discretion and clinical judgement. Follow your healthcare provider’s guidance if necessary. We want your child to be in school. If you are unsure, contact your school nurse or healthcare provider.

References

Virginia Department of Health-Pediculosis (Head Lice Infestation). https://www.vdh.virginia.gov/epidemiology/epidemiology-fact-sheets/pediculosis-head-lice-infestation/

Chesterfield County Public Schools-Health and Wellness. https://www.oneccps.org/page/health-and-wellness

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