



Dear Parent/Guardian;

We look forward to welcoming your child back to school in September. The Health and Safety of students and staff are constantly being reviewed and updated. Our top priority is to maintain a safe and healthy environment for everyone.

Please be advised when students return in September, immunizations must be up to date, or have been approved as in process (this must follow the Advisor Committee on Immunizations Practices [ACIP] schedule). You will receive a notice from your child's school nurse if your child requires any immunizations. If your child has a medical exemption for immunization, a new request must be filled out by your child's Health Care Provider (HCP) and sent to the school for final approval each year. Please contact your child's school nurse with any questions or concerns.

All new entrants and students in grades K, 1, 3, 5, 7, 9, and 11 must have a current physical on file in the health office. This documentation, if not already submitted, is expected to be provided to the health office by September 30th. If the health appraisal is not received by September 30, the school nurse will contact you regarding a physical either with your primary care provider or with the school Medical Director. A dental certificate is recommended on all students who are required to have a current physical on file.

Please notify your school nurse of any changes to your child's health; such as new medications and new diagnoses, including COVID – 19.

Medications, prescribed or over the counter, MUST have a HCP written order for the medication to be administered at school. Students are only allowed to carry certain medications on their person. The HCP must complete the medication order form and the self-carry attestation form in order for the student to self-carry. The completed forms must be turned into the school nurse.

Alcohol based hand sanitizers are still being utilized in school. If you do not wish for your child to use the hand sanitizer, please send a written notice to the health office that your child is NOT to use the alcohol-based hand sanitizers.

Please view and print the grade specific Health Forms available via the links on the Onteora Central School District health services webpage. If you do not have access to a printer, please email your school nurse to request hard copy of required forms via US Mail.

Sincerely,

Onteora Central School District Nurses



Health Office
P.O. Box 300
Boiceville, NY 12412

April 2026

Dear Parent/Guardian:

Effective September 1, 2016, students entering 12th grade in a NYS Public School will be required to be fully vaccinated against Meningococcal disease. Students must receive a booster dose on or after their 16th birthday or receive the first dose at 16 years of age or older. Your child must receive this vaccine to start school in September . Please send in the enclosed form once completed by your child's physician.

Please feel free to contact us with any questions at 845-657-2373 ext. 2141.

Sincerely,

High School Health Office

SB:lr 6/26
Encl.



MENINGOCOCCAL VACCINATION RECORD

The first dose of meningococcal vaccine is required for students upon entrance into 7th grade- this dose must be received AFTER the age of 10. A second dose is required upon entrance into 12th grade- this dose must be received AFTER age 16.

Please bring this form to your child's healthcare provider for review and signature when the meningococcal vaccine is administered. Please send this documentation of the required vaccination to your child's school nurse. Further information regarding NYS Immunization guidelines can be found at:

www.health.ny.gov/immunization

Thank you for your attention to this important NYS Immunization requirement.

Child's Name _____

Date of Birth _____

Date of Meningococcal Immunization: _____

Healthcare Provider's Signature: _____ Date: _____

Healthcare Provider's Stamp:



NTEORA

CENTRAL SCHOOL DISTRICT

HEALTH SUMMARY

Student Name: _____ Phone: _____ Birth date: _____ Grade: _____
Current Address: _____

Please note: Student health concerns, including, but not limited to: food allergies/bee sting allergies, diabetes, breathing problems, seizures or any health issue that could interfere with your child's learning will be shared with classroom teachers and appropriate staff who "Need To Know" unless you specify otherwise by notifying the school nurse.

Current Physician/Health Care Provider: _____ Phone: _____
Date of last visit to physician: _____ Reason: _____

Has this child had any of the following during the last year? (If yes, please explain in space provided)

- ♦ Severe injuries requiring medical attention
- ♦ Serious illness or operations
- ♦ Visits to the emergency room for treatment
- ♦ Changes in wearing glasses or contact lenses
- ♦ New allergies diagnosed
- ♦ Chronic disease diagnosed
- ♦ Asthma or breathing problems
- ♦ Seizures/Convulsions
- ♦ COVID-19

Is this child receiving any prescribed medication? (If so, please list)

Has this child received any immunizations since last year? (If so, please list with dates and provider)

Are there any family changes or difficulties, which may influence school performance or behavior?

Are there any other services or agencies involved with your child or family? (e.g. counselors, therapists, social service agencies. If so, please list)

Is there any other information about the health and well being of this child which is important for a successful school experience this year? (If so, please describe)

Signature _____

Printed name: _____

Date: _____

REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM

TO BE COMPLETED BY PRIVATE HEALTHCARE PROVIDER OR SCHOOL MEDICAL DIRECTOR

Note: NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special Education (CPSE).

STUDENT INFORMATION

Name:	Affirmed Name (if applicable):	DOB:
Sex Assigned at Birth: ☐ Female ☐ Male	Gender Identity: ☐ Female ☐ Male ☐ Nonbinary ☐ X	
School:	Grade:	Exam Date:

HEALTH HISTORY

If yes to any diagnoses below, check all that apply and provide additional information.

☐ Allergies	Type: ☐ Medication/Treatment Order Attached ☐ Anaphylaxis Care Plan Attached
☐ Asthma	☐ Intermittent ☐ Persistent ☐ Other: ☐ Medication/Treatment Order Attached ☐ Asthma Care Plan Attached
☐ Seizures	Type: _____ Date of last seizure: _____ ☐ Medication/Treatment Order Attached ☐ Seizure Care Plan Attached
☐ Diabetes	Type: ☐ 1 ☐ 2 ☐ Medication/Treatment Order Attached ☐ Diabetes Medical Mgmt. Plan Attached

Risk Factors for Diabetes or Pre-Diabetes: Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother, and/or pre-diabetes.

BMI _____ kg/m2

Percentile (Weight Status Category): ☐ < 5th ☐ 5th-49th ☐ 50th-84th ☐ 85th-94th ☐ 95th-98th ☐ 99th and >

Hyperlipidemia: ☐ Yes ☐ Not Done

Hypertension: ☐ Yes ☐ Not Done

PHYSICAL EXAMINATION/ASSESSMENT

Height:	Weight:	BP:	Pulse:	Respirations:
Laboratory Testing	Positive	Negative	Date	Lead Level Required for PreK & K
TB- PRN	☐	☐		☐ Test Done ☐ Lead Elevated ≥ 5 $\mu\text{g/dL}$
Sickle Cell Screen-PRN	☐	☐		

☐ System Review Within Normal Limits

☐ Abnormal Findings – List Other Pertinent Medical Concerns Below (e.g., concussion, mental health, one functioning organ)

☐ HEENT	☐ Lymph nodes	☐ Abdomen	☐ Extremities	☐ Speech
☐ Dental	☐ Cardiovascular	☐ Back/Spine/Neck	☐ Skin	☐ Social Emotional
☐ Mental Health	☐ Lungs	☐ Genitourinary	☐ Neurological	☐ Musculoskeletal

☐ Assessment/Abnormalities Noted/Recommendations:

Diagnoses/Problems (list)

ICD-10 Code*

☐ Additional Information Attached

*Required only for students with an IEP receiving Medicaid

Name:		Affirmed Name (if applicable):		DOB:	
SCREENINGS					
Vision & Hearing Screenings Required for PreK or K, 1, 3, 5, 7, & 11					
Vision Screening	With Correction ☐ Yes ☐ No	Right	Left	Referral	Not Done
Distance Acuity		20/	20/	☐ Yes	☐
Near Vision Acuity		20/	20/	☐ Yes	☐
Color Perception Screening	☐ Pass ☐ Fail				☐
Notes					
Hearing Screening: Passing indicates student can hear 20dB at all frequencies: 500, 1000, 2000, 3000, 4000 Hz; for grades 7 & 11 also test at 6000 & 8000 Hz.					Not Done
Pure Tone Screening	Right ☐ Pass ☐ Fail	Left ☐ Pass ☐ Fail	Referral ☐ Yes		☐
Notes					
Scoliosis Screening: Boys grade 9; Girls grades 5 & 7		Negative	Positive	Referral	Not Done
		☐	☐	☐ Yes	☐
FOR PARTICIPATION IN PHYSICAL EDUCATION*/SPORTS*/PLAYGROUND/WORK					
☐ *Family cardiac history reviewed – required for Dominick Murray Sudden Cardiac Arrest Prevention Act					
☐ Student may participate in all activities without restrictions.					
If Restrictions Apply – Complete the information below					
☐ Student is restricted from participation in:					
☐ Contact Sports: Basketball, Competitive Cheerleading, Diving, Downhill Skiing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, and Wrestling.					
☐ Limited Contact Sports: Baseball, Fencing, Softball, and Volleyball.					
☐ Non-Contact Sports: Archery, Badminton, Bowling, Cross-Country, Golf, Riflery, Swimming, Tennis, and Track & Field.					
☐ Other Restrictions:					
Developmental Stage for Athletic Placement Process ONLY required for students in Grades 7 & 8 who wish to play at the high school interscholastic sports level OR Grades 9-12 who wish to play at the modified interscholastic sports level.					
Tanner Stage: ☐ I ☐ II ☐ III ☐ IV ☐ V					
☐ Other Accommodations*: Provide Details (e.g., brace, insulin pump, prosthetic, sports goggles, etc.):					
*Check with the athletic governing body if prior approval/form completion is required for use of the device at athletic competitions.					
MEDICATIONS					
☐ Order Form for medication(s) needed at school attached					
COMMUNICABLE DISEASE			IMMUNIZATIONS		
☐ Confirmed free of communicable disease during exam			☐ Record Attached ☐ Reported in NYSIIS		
HEALTHCARE PROVIDER					
Healthcare Provider Signature:					
Provider Name: (please print)					
Provider Address:					
Phone:			Fax:		
Please Return This Form to Your Child's School Health Office When Completed.					



CENTRAL SCHOOL DISTRICT

Health Office

4166 State Route 28

Boiceville, N.Y. 12412

Tel. (845)657-2373, Fax. (845)657-8430

Dear Parent/Guardian:

If it becomes necessary for a student to take any form of medication at school, the following steps must be followed:

1. A written order from the physician must be obtained which includes the student's name, medication, dosage and time to be given at school and route of administration.
2. Permission must be given in writing by you, the parent/guardian, in order for the medication to be given at school.
3. The medication must be delivered to the school in its original pharmacy container, properly identified with the student's name, date prescribed, name of medication, dosage and instructions for administering.
4. The medication must be kept in the health office in a locked cabinet.
5. At no time should a student have prescription or non-prescription medication/drugs on them (i.e. Tylenol, aspirin, Advil, alcohol-based hand sanitizer, etc.).

School personnel may not administer any medication including over-the-counter medications unless the above conditions have been met.

Some conditions may necessitate that a child carry and self-administer his/her medication. Examples would be an inhaler for severe asthma or an Epi-Pen for serious bee sting allergies. The school should have knowledge of these medications prior to a student bringing them into school. ADHD medication, anti-seizure drugs and antibiotics are examples of non-emergency medications, and must be administered through the nurse's office. If you believe your child has potential emergency health needs, please consult with the school nurse to develop an emergency care plan. Students may not possess, consume, or distribute any type of medication without the approval of the school's administration and/or health office.

These policies and procedures are necessary to ensure the health and safety of the entire student body. We appreciate your cooperation and compliance.

Onteora Central School District Nurses



Bennett 657-2354
Fax: 845-657-8504

Middle/High 657-2373
Fax: 845-657-8430

Woodstock 679-2316
Fax: 845-679-1207

**Provider and Parent Permission to Administer Medication
at School/School Sponsored Events**

To Be Completed By Parent

Student Name: _____ DOB: _____

Grade: _____ Teacher/HR: _____ School: _____

I request the school nurse give the medication listed on this plan; or after the nurse determines my child can take their own medications, trained staff may assist my child to take their own medications. I will provide the medication in the original pharmacy or over the counter container. This plan will be shared with school staff caring for my child. I understand that the school nurse may be in touch with my health care provider to clarify medication orders.

Parent/Guardian Signature

Date

Phone

To Be Completed By Health Care Provider-Valid for 1 Year

Diagnosis _____

Medication _____

Dose _____ Route _____ Time(s) _____

Recommendations _____ ICD Code _____

Note: Medication will be given as close to the prescribed time as possible, but may be given up to one hour before or after the prescribed time. Please advise if there is a time-specific concern regarding administration.

Prescriber's signature _____ Date: _____

stamp

Health Care Provider Permission for Independent Use and Carry

I attest that this student has demonstrated to me that they can self-administer the medication(s) listed below safely and effectively, and may carry and use this medication (with a delivery device if needed) independently at any school/school sponsored activity. Staff intervention and support is needed only during an emergency. This order applies to the medications checked below:

This student is diagnosed with:

- ☐ Allergy and requires Epinephrine Auto-injector
☐ Asthma or respiratory condition and requires Inhaled Respiratory Rescue Medication
☐ Diabetes and requires insulin/Glucagon/Diabetes Supplies
☐ _____ which requires rapid administration of _____
(State Diagnosis) (Medication Name)

Signature: _____ Date: _____

Parent/Guardian Permission for Independent Use and Carry

I agree that my child can use their medication effectively and may carry and use this medication independently at any school/school sponsored activity. Staff intervention and support is needed only during an emergency.

Signature: _____ Date: _____



Important Reminder

Dear Parents/Guardians:

All schools in the Onteora District are "Nut Aware" schools. This procedure has been implemented in order to provide a safe environment for students who are allergic to nuts (peanuts/tree nuts). An anaphylactic (severe) reaction can be devastating to the student or the students witnessing the reaction.

The following steps are followed:

- The cafeteria does not offer peanut butter, only sun butter. Students may select other options available, turkey, tuna, ham and/or cheese, or sun butter & jelly sandwich. The snacks and cereal provided do not contain peanut products. Note: at the high school some snacks may contain nut products. All students and staff are reminded to observe signs and read labels.
- There are designated nut free tables in the Elementary school cafeterias, which are cleaned with different cleaning supplies. No nut products are allowed at the designated tables. There are no nut free tables at the Middle/High School. Nut (peanut/hazelnut) butter will be allowed to be eaten in the cafeteria, at tables away from the Nut Free table. We encourage minimizing sending in peanut butter or nut snacks. All children who eat nut products must wash their hands after eating. *If a nut/peanut allergic child touches an item after someone who has touched the same item with nut oils on their hands, a severe reaction could occur.*
- All common rooms are nut aware. If a student brings in an item with nuts they will follow the same procedure as the procedure in the cafeteria (see above). We recognize that nuts are a good and healthy snack for most children. We also know that students are in school only 6 hours each day and that there are other snacks that are just as healthy and will help others in our school community remain safe.
- Classroom teachers will determine if the classroom is nut free or will establish a nut free area, using the same precautions as the cafeteria.
- The school nurse and/or teacher will discuss food allergies with all classes in the school. The cafeteria staff will review the Nut Free procedures in the cafeteria at the beginning of the school year and throughout the year as needed.
- Staff members will be trained in the use of Epi-Pen if applicable for specific students.
- Parents should check with the school nurse and/or classroom teacher before bringing in snacks for the classroom for any allergies.
- Research and materials on this condition, and how other schools approach the same situation, are continually reviewed.

It is our responsibility to minimize the risk for all our students to the greatest extent possible. No child should have to be afraid to come to school for fear that he/she will have a potentially life threatening reaction. These minor changes reduce the risk significantly for all of our children.

Feel free to contact your child's school principal or school nurse with any concerns you may have. We will work with you to help find a solution to your concerns. Thank you for assisting us in keeping all children safe.

Dental Health Certificate- Optional

Parent/Guardian: New York State law (Chapter 281) permits schools to request a dental examination in the following grades: school entry, K, 2, 4, 7, & 10. Your child may have a dental check-up during this school year to assess his/her fitness to attend school. Please complete Section 1 and take the form to your dentist for an assessment. If your child had a dental check-up before he/she started the school, ask your dentist to fill out Section 2. Return the completed form to the school's medical director or school nurse as soon as possible.

Section 1. To be completed by Parent or Guardian (Please Print)

Child's Name:		Last	First	Middle
Birth Date:	/ /	Sex: ☐ Male	Will this be your child's first visit to a dentist? ☐ Yes ☐ No	
	Month Day Year	☐ Female		
School:	Name			Grade
Have you noticed any problem in the mouth that interferes with your child's ability to chew, speak or focus on school activities? ☐ Yes ☐ No				

I understand that by signing this form I am consenting for the child named above to receive a basic oral health assessment. I understand this assessment is only a limited means of evaluation to assess the student's dental health, and I would need to secure the services of a dentist in order for my child to receive a complete dental examination with x-rays if necessary to maintain good oral health. I understand that I am free to choose my own dentist for further care.

I also understand that receiving this preliminary oral health assessment does not establish any new, ongoing or continuing doctor-patient relationship. Further, I will not hold the dentist or those performing this assessment responsible for the consequences or results should I choose NOT to follow the recommendations listed below.

Parent's Signature

Date

Section 2. To be completed by the Dentist

I. The Dental Health condition of _____ on _____ (date of exam) The date of the examination needs to be within 12 months of the start of the school year in which it is requested. Check one:

- ☐ Yes, The student listed above is in fit condition of dental health to permit him/her attendance at the public schools.
- ☐ No, The student listed above is not in fit condition of dental health to permit him/her attendance at the public schools.

NOTE: Not in fit condition of dental health means that a condition exists that interferes with a student's ability to chew, speak or focus on school activities including pain, swelling or infection related to clinical evidence of open cavities. The designation of not in fit condition of dental health to permit attendance at the public school does not preclude the student from attending school.

Dentist's name and address (please print or stamp)

Dentist's Signature

Optional Sections - If you agree to release this information to school, please initial here.

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II. Oral Health Status (check all that apply).

- ☐ Yes ☐ No **Caries Experience/Restoration History** - Has the child ever had a cavity (treated or untreated)? [A filling (temporary/permanent) OR a tooth that is missing because it was extracted as a result of caries OR an open cavity].
- ☐ Yes ☐ No **Untreated Caries** - Does this child have an open cavity? [At least 1/2 mm of tooth structure loss at the enamel surface. Brown to dark-brown coloration of the walls of the lesion. These criteria apply to pits and fissure cavitated lesions as well as those on smooth tooth surfaces. If retained root, assume that the whole tooth was destroyed by caries. Broken or chipped teeth, plus teeth with temporary fillings, are considered sound unless a cavitated lesion is also present].
- ☐ Yes ☐ No **Dental Sealants Present**

Other problems (Specify): _____

III. Treatment Needs (check all that apply)

- ☐ No obvious problem. Routine dental care is recommended. Visit your dentist regularly.
- ☐ May need dental care. Please schedule an appointment with your dentist as soon as possible for an evaluation.
- ☐ Immediate dental care is required. Please schedule an appointment immediately with your dentist to avoid problems.

**FARE**

Food Allergy Research & Education

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: _____ D.O.B.: _____

Allergic to: _____

Weight: _____ lbs. Asthma: ☐ Yes (higher risk for a severe reaction) ☐ No**PLACE
PICTURE
HERE****NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.****Extremely reactive to the following allergens:** _____**THEREFORE:**

- ☐ If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.
- ☐ If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

**FOR ANY OF THE FOLLOWING:
SEVERE SYMPTOMS****LUNG**Shortness of
breath, wheezing,
repetitive cough**HEART**Pale or bluish
skin, faintness,
weak pulse,
dizziness**THROAT**Tight or hoarse
throat, trouble
breathing or
swallowing**MOUTH**Significant
swelling of the
tongue or lips**SKIN**Many hives over
body, widespread
redness**GUT**Repetitive
vomiting, severe
diarrhea**OTHER**Feeling
something bad is
about to happen,
anxiety, confusion**OR A
COMBINATION**
of symptoms
from different
body areas.

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
- Consider giving additional medications following epinephrine:
 - » Antihistamine
 - » Inhaler (bronchodilator) if wheezing
- Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS**NOSE**Itchy or
runny nose,
sneezing**MOUTH**

Itchy mouth

**SKIN**A few hives,
mild itch**GUT**Mild
nausea or
discomfort**FOR MILD SYMPTOMS FROM MORE THAN ONE
SYSTEM AREA, GIVE EPINEPHRINE.****FOR MILD SYMPTOMS FROM A SINGLE SYSTEM
AREA, FOLLOW THE DIRECTIONS BELOW:**

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

Epinephrine Brand or Generic: _____

Epinephrine Dose: ☐ 0.1 mg IM ☐ 0.15 mg IM ☐ 0.3 mg IM

Antihistamine Brand or Generic: _____

Antihistamine Dose: _____

Other (e.g., inhaler-bronchodilator if wheezing): _____

PATIENT OR PARENT/GUARDIAN AUTHORIZATION SIGNATURE

DATE

PHYSICIAN/HCP AUTHORIZATION SIGNATURE

DATE

FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 5/2020

**FARE**

Food Allergy Research & Education

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

1. Remove Auvi-Q from the outer case. Pull off red safety guard.
2. Place black end of Auvi-Q against the middle of the outer thigh.
3. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
4. Call 911 and get emergency medical help right away.



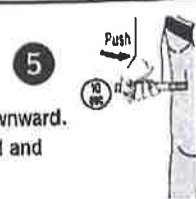
HOW TO USE EPIPEN®, EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN

1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, remove the blue safety release by pulling straight up.
3. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
4. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.



HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENALICK®), USP AUTO-INJECTOR, AMNEAL PHARMACEUTICALS

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip. Grasp the auto-injector in your fist with the red tip pointing downward.
3. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh. Press down hard and hold firmly against the thigh for approximately 10 seconds.
4. Remove and massage the area for 10 seconds. Call 911 and get emergency medical help right away.



HOW TO USE TEVA'S GENERIC EPIPEN® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR, TEVA PHARMACEUTICAL INDUSTRIES

1. Quickly twist the yellow or green cap off of the auto-injector in the direction of the "twist arrow" to remove it.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, pull off the blue safety release.
3. Place the orange tip against the middle of the outer thigh at a right angle to the thigh.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.



HOW TO USE SYMJEPi™ (EPINEPHRINE INJECTION, USP)

1. When ready to inject, pull off cap to expose needle. Do not put finger on top of the device.
2. Hold SYMJEPi by finger grips only and slowly insert the needle into the thigh. SYMJEPi can be injected through clothing if necessary.
3. After needle is in thigh, push the plunger all the way down until it clicks and hold for 2 seconds.
4. Remove the syringe and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.
5. Once the injection has been administered, using one hand with fingers behind the needle slide safety guard over needle.



ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: _____
DOCTOR: _____ PHONE: _____
PARENT/GUARDIAN: _____ PHONE: _____

OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: _____ PHONE: _____
NAME/RELATIONSHIP: _____ PHONE: _____
NAME/RELATIONSHIP: _____ PHONE: _____

Asthma Action Plan

Date Completed _____

Name	Date of Birth	Grade/Teacher
Health Care Provider	Health Care Provider's Office Phone	Medical Record Number
Parent/Guardian	Phone	Alternate Phone
Parent/Guardian/Alternate Emergency Contact	Phone	Alternate Phone

DIAGNOSIS OF ASTHMA SEVERITY

☐ Intermittent ☐ Persistent ☐ Mild ☐ Moderate ☐ Severe

ASTHMA TRIGGERS (Things That Make Asthma Worse)

☐ Smoke ☐ Colds ☐ Exercise ☐ Animals ☐ Dust ☐ Food
☐ Weather ☐ Odors ☐ Pollen ☐ Other _____

GREEN ZONE: GO!

You have **ALL** of these:

- Breathing is easy
- No cough or wheeze
- Can work and play
- Can sleep all night



Take These DAILY CONTROLLER MEDICINES (PREVENTION) Medicines EVERY DAY

☐ No daily controller medicines required

☐ Daily controller medicine(s): _____

☐ Take _____ puff(s) or _____ tablet(s) _____ daily.

☐ For asthma with exercise, ADD: _____ minutes before exercise
 _____ puffs with spacer _____

ALWAYS RINSE YOUR MOUTH AFTER USING YOUR DAILY INHALED MEDICINE.

YELLOW ZONE: CAUTION!

You have **ANY** of these:

- Cough or mild wheeze
- Tight chest
- Shortness of breath
- Problems sleeping, working, or playing



Continue DAILY CONTROLLER MEDICINES and ADD QUICK-RELIEF Medicines

Take daily controller medicine if ordered and add this quick-relief medicine when you have breathing problems:

☐ _____ inhaler _____ mcg
 Take _____ puffs every _____ hours, if needed. Always use a spacer, some children may need a mask.

☐ _____ nebulizer _____ mg / _____ ml
 Take a _____ nebulizer treatment every _____ hours, if needed.

☐ Other _____
 If quick-relief medicine does not HELP within _____ minutes, take it again and CALL your Health Care Provider

If using quick-relief medicine more than _____ times in _____ hours, CALL your Health Care Provider
IF IN THE YELLOW ZONE MORE THAN 24 HOURS, CALL HEALTH CARE PROVIDER.

RED ZONE: EMERGENCY!

You have **ANY** of these:

- Very short of breath
- Medicine is not helping
- Breathing is fast and hard
- Nose wide open, ribs showing, can't talk well
- Lips or fingernails are grey or bluish



Continue DAILY CONTROLLER MEDICINES and QUICK-RELIEF Medicines and GET HELP!

☐ _____ inhaler _____ mcg
 Take _____ puffs every _____ hours, if needed. Always use a spacer, some children may need a mask.

☐ _____ nebulizer _____ mg / _____ ml
 Take a _____ nebulizer treatment every _____ hours, if needed.

☐ Other _____
CALL HEALTH CARE PROVIDER AGAIN WHILE GIVING QUICK-RELIEF MEDICINE. If health care provider cannot be contacted, CALL 911 FOR AN AMBULANCE OR GO DIRECTLY TO THE EMERGENCY DEPARTMENT!

REQUIRED PERMISSIONS FOR ALL MEDICATION USE AT SCHOOL

Health Care Provider Permission: I request this plan to be followed as written. This plan is valid for the school year _____ - _____.
 Date _____
 Signature _____

Parent/Guardian Permission: I give consent for the school nurse to give the medications listed on this plan or for trained school staff to assist my child to take them after review by the school nurse. This plan will be shared with school staff who care for my child.
 Date _____
 Signature _____

OPTIONAL PERMISSIONS FOR INDEPENDENT MEDICATION CARRY AND USE AT SCHOOL

Health Care Provider Independent Carry and Use Permission: I attest that this student has demonstrated to me that they can self-administer this rescue medication effectively and may carry and use this medication independently at school with no supervision by school personnel.
 Date _____
 Signature _____

Parent/Guardian Independent Carry and Use Permission (If Ordered by Provider Above): I agree my child can self-administer this rescue medication effectively and may carry and use this medication independently at school with no supervision by school personnel.
 Date _____
 Signature _____

New York State Department of Health

5/17