

SCHOOL HEALTH PROCEDURES

HEALTH OFFICE USE

1. Minor injuries will be handled "on the spot". Teachers have a first aid kit in their classrooms and yard duty staff carry first aid supplies with them.

2. Students with serious injuries or illnesses will be sent to the Health Office to be treated by the Health Clerk. Examples of these include:

- A. Emergencies – including Allergic reactions and Asthma
- B. Acute illness, *requiring the student to go home*
- C. Moderate to serious injuries
- D. Diabetes Care of suspected lows or highs
- E. Consultation with parents
- F. Contagious conditions such as head lice, rash, scabies, pink eye, etc
- G. Vomiting/Diarrhea
- H. Suspected abuse

3. The two most common problems reported by students are stomachaches and headaches.

- A. Stomachaches- Most stomachaches are due to lack of food, especially breakfast. **Please make sure your child eats breakfast before coming to school.** According to the National Institute of Health, studies have shown that eating breakfast has a positive effect on student's learning, particularly with regards to memory and attention.
- B. Headaches - Most headaches in students are caused by dehydration. Students often burn more energy and use more water than they take in. It is important that students drink plenty of water and most headaches will go away in 20-30 minutes and in some instances, up to 60 minutes. **We highly recommend that you send your student to school with a refillable water bottle.**

ILLNESS

The goal of Health Services is to keep every child as healthy and safe as possible. Please help us by observing the following and do not send students to school if they exhibit any of these symptoms or has been medicated for these symptoms, within the last 24 hours;

- A. Thick yellow or green mucous from nose or throat
- B. earache or drainage from the ear
- C. sore throat with fever
- D. vomiting
- E. red, crusty and/or draining eyes (sty only if draining)
- F. diarrhea
- G. fever (100 degrees or more) within the last 24 hours
- H. rashes of known or unknown origin, unless recently diagnosed as non-contagious by a physician
- I. lice and/or nits, scabies or other parasites
- J. persistent cough (coughing that interferes with the student's educational process, and that is not improving from day to day)