

HEALTH SERVICES

Please feel free to contact your school nurse (736-5091) with any medical concerns.

The following guidelines are strongly recommended.

- **Fever:** Students should return to school after 24 hours of being fever free (below 100 degree Fahrenheit) without taken any medicine to control the fever, i.e. Tylenol, Aspirin, Motrin, etc.
- **Pink eyes:** Students should obtain a written permission from a doctor to return to school.
- **Strep throat/bacterial infection:** Students should return to school after taking prescribed antibiotic medication for 24 hours.

MEDICATION AT SCHOOL

Based on DS Manual 2942.0, School Health Services Guide, the School Nurse DOES NOT administer medication to include over the counter drugs (aspirin, Tylenol, cough drops).

The only exception is specific individually prescribed medication for chronic conditions such as asthma, heart condition, bee sting allergy, attention deficit hyperactivity disorder, or migraine headaches. In these cases the following are needed:

- a. Hold Harmless letter signed by a doctor and parent
And
- b. Medication in a pharmacy-labeled bottle; marked with the student's name, name of the medication, time to be taken, and amount to be taken.

When short-term illnesses require the use of medication, the parent arranges with physician for administration before and after school. If the medication must be taken during school hours, the above procedure must be followed.

HEALTH GUIDANCE

- **Wash hands:** This is one of the most effective ways to prevent infection. Frequent wash hands with soap by rubbing hands vigorously for at least 15 seconds before rinsing.
- **Rest:** Most experts recommend a full 8 hours sleep every night.
- **Exercise and eat a well balanced diet.**
- **Drink plenty of fluids.**
- **Dress appropriately for weather.**

VISION AND HEARING CONCERNS

Parents and teachers may refer any students with hearing or vision concerns to the school nurse. The nurse will screen and make referral those who needing further medical attention by contacting the parents.

IMMUNIZATION REQUIREMENTS for Middle School students

| IMMUNIZATION | MINIMUM REQUIREMENTS |
|--------------------------------------|---|
| Diphtheria, Tetanus, Pertussis (DPT) | Four (4) doses. At least one of dose must be administered after the fourth birthday. |
| Td or Tdap booster doses | Booster at 11-12 years of age and, if 5 years elapsed since the last dose; then every ten years thereafter. |
| Hepatitis A | Two (2) doses; two doses in the series should be administered at least 6 months apart. |
| Hepatitis B (Hep B) | Three doses: The second dose should be give at least one month after the first dose. The third dose should be given at least five months after the second dose. |
| Polio Vaccine | Three doses of Polio Vaccine (oral or injected), last one of which was administered after the fourth birthday. |
| Meningococcal vaccine | Should be given at age 11-12 year old. |
| Measles, Mumps, Rubella (MMR) | Two doses of live attenuated vaccine given singly or in combination, at least one of which was administered after the fourth birthday. |
| Varicella vaccine (Chicken Pox) | One dose of Varicella Vaccine through the age of 12 years, two doses for those 13 or older (at least one month apart), or reliable history of the disease. |
| PPD (Purified Protein Derivative) | Tuberculosis skin testing is required yearly. |