



## BACK TO SCHOOL HEALTH INFORMATION

FALL 2017

Dear Families,

I hope you had a relaxing, fun summer! Here are a few health related reminders to look over before the start of the new school year:

### Medications

Will your child be taking medication at school on a regular or as needed basis? If so, we must have a Medication Authorization Form on file.

- All medications, prescription and over the counter, require a physician's order and completed parental permission form (Medication Authorization Form). Without this form on file the medication **is not** given.
- All prescription medication must be labeled and in a current pharmacy bottle.
- All over the counter medication must be in the original packaging.
- All medication orders expire at the end of the school year. New medication orders are needed for the start of a new school year.
- Inhalers used at school also require a physician's order and parental signature.

\* Medication Authorization forms can be obtained in the school office and are also available on the school website.

### Physical Examinations

It is recommended for students entering kindergarten and again for students entering 7<sup>th</sup> grade. For students who participate in athletics, a sport physical exam is **required** at grades 7 and 10. Required forms are available from the school nurse or main office.

### Immunizations

All Duluth Schools follow the immunization requirements mandated by the STATE OF MINNESOTA SCHOOL IMMUNIZATION LAW. Documented proof of current immunization status is **REQUIRED** to be on file by the first day of school.

The form, Are Your Kids Ready for School?, lists the grade-specific requirements for immunizations.

**\*Parents may obtain a legal exemption from the school immunization law for medical reasons or conscientiously held beliefs.** Please contact the school nurse if you need information about an exemption or refer to the flip side of the Student Immunization Record for this option.

### **Children with Special Health Care Needs**

If your child has asthma, allergies, diabetes, seizures or any other condition requiring special health care services, it is important that the parent/guardian speak with the school nurse and develop an Individual Health Care Plan (IHP) prior to the start of school so we can help keep your child safe and healthy.

### **When should you keep your child home?**

You, as the parent, are the best judge of whether to send your child to school or keep them home. Here are some general guidelines to help you make that decision.

Your child should be kept home from school if he/she has:

- Fever of 100 degrees or more within the last twenty-four hours. **YOUR CHILD SHOULD BE FEVER FREE FOR 24 HOURS** (without taking Tylenol or Ibuprofen) **BEFORE RETURNING TO SCHOOL.**
- Vomiting/diarrhea within the last 24 hours.
- Pain that requires the use of a narcotic medication.
- An upper respiratory illness with significant coughing and/or nasal discharge.
- Open or draining skin sores.
- Inflamed or draining eyes or ears.

### **When should you call the School Nurse?**

Please don't hesitate to call me with any questions or concerns, and specifically for the following reasons:

- New medication or change in current medication
- New medical diagnosis or a change in health status
- Serious illness, injury or hospitalization
- Fracture, sprain, cast or sutures
- Diagnosis of a contagious disease such as strep throat, conjunctivitis, pertussis (whooping cough), chicken pox, flu, head lice
- Changes within the family that may impact the student while at school

And lastly, PLEASE have a current and working phone number on file in the school office in the event your child needs your attention.

Thank you,

Nurse Grohn

