

## **NURSE'S OFFICE/SICK DAY GUIDELINES**

### **North Cedar Community Schools**

**The following guidelines will be followed by the school nurse and/or certified staff when caring for ill or injured children:**

**The Iowa Department of Public Health's "Guide to Childhood Illness" will be referenced regarding childhood illness recommendations for school exclusion.**

**If your child has vomited or has diarrhea, your child will be sent home. Many times a student will report to staff that they vomited in the morning or during the night, but were told to "try it". You are still exposing other children to their illness by sending them to school.**

**Please do not send your child to school until they are fever-free, diarrhea-free, and free from vomiting for 24 hours without the use of any medication.**

**Your child will be sent home if any swelling, redness, itching, and/or discharge from eyes are noted.**

**Encourage your child to wash their hands properly and frequently.**

**Any child who hits his or her head at school will be assessed for any signs/symptoms of injury. If concerns are evident, a phone call will be made to inform a parent or guardian of the incident.**

**If a student has an emergency situation and needs an ambulance, the ambulance will be called first, then every attempt to contact the parents will be made. A copy of the Health and Injury form will be sent with EMS personnel.**

**Any child injured at school with possible broken bones or needing stitches will be given first aid then contact to the parent will follow.**

**Any abrasion will be washed with soap and water. If permission has been given for Triple Antibiotic Ointment to be applied, it will be applied and covered.**

**\*If you suspect your child is getting influenza, please keep them home! Some symptoms of influenza include: fever, fatigue, chills, sore throat, body aches, a runny or stuffy nose, headache and feeling extremely tired. PLEASE CONSIDER VACCINATING YOUR CHILD AGAINST THE FLU. Flu vaccination is the best way to help protect your child from the flu.**

**In the event your child will be absent from school, please notify the school by calling the school office to provide a simple explanation.**

**Please inform the school of any change in contact information, such as a change in phone numbers. We want to be able to contact a parent/guardian in a timely manner if needed.**

### **Medications**

Any medication given at school must be brought in the CURRENT ORIGINAL container properly labeled with the manufacturer's label or the pharmacy label. If medication has changed, a note from the prescribed doctor is needed. A medication form must be signed by the parent for each medication or medication change. Medications will not be given if not delivered in the original labeled bottle.

The nurse's office keeps over-the-counter medication on hand. These medications will only be given if the parent has signed a permission form.

For the safety of your student and all other students, delivery of medications to the school should be by an adult and given to the nurse or school secretary.

Thank you for your help in ensuring the health and safety of our students!

Melissa Sturtz, RN

School Nurse

North Cedar Community School District