

HEALTH SERVICES

The nurses in School District 93 are dedicated to giving your child the best care we can. We will try to work together with you to protect your child's health and the health of the other children in the school.

Nurse's Office

The nurse's office is open every day to assist students who become ill or injured at school. When a student visits the nurse, the problem is addressed and the student returns to class. An explanation of the reason for the nurse visit and the treatment given will be provided to parents on the Nurse Pass Form, which is given to each child before he/she is sent back to the classroom.

Parents may be called about the nurse visit if the student: 1) has a temperature of 100.4 degrees or higher; 2) is vomiting; 3) has a head injury that indicates the need for observation; or 4) has an injury or condition that requires immediate medical care. Please update emergency contact information with your child's school office and notify the nurse of any important medical information. Also, please update phone numbers so that we can reach you if your child is sick or injured. If you are unable to pick up your child, we **must** have the phone number(s) of someone who can pick him/her up.

In the Event of Illness

COVID-19: If anyone in the child's home has symptoms of COVID-19, as indicated by the CDC, or is awaiting a COVID-19 test result because of symptoms or exposure, all District 93 students must remain home and quarantine. Contact your school nurse for further information.

Notification: Please report all absences to the main school office before the start of school. Notify the school promptly if your child has COVID-19, influenza or any communicable disease, including chickenpox, head lice, strep throat, conjunctivitis, ringworm. Students with communicable diseases or undiagnosed skin rashes will be excluded as directed by the Illinois Department of Public Health.

All absences should be called in daily. A physician's note is required for re-entry to school if absent for more than five consecutive days. Parents are encouraged to confer with the nurse regarding any chronic health concerns.

24 Hour Rule: Students who have been placed on an antibiotic by a physician may return to school 24 hours after the medication is started **if they are feeling well.**

Stomachache: This is by far the most common childhood complaint. Most of the time, the condition is minor and needs no special treatment. Discuss any stomachaches with the school nurse before a child returns to school.

Rash/Itching: A rash may be the first sign of an illness. Do not send a child with a rash to school until your doctor has evaluated the rash and states it is safe to return to school. We need a doctor's note with a diagnosis so we know the rash is not contagious. We send all children with a rash home.

Toothache: contact your dentist

Earache: consult with your pediatrician

Headache: A child with a headache as the only complaint usually does not need to be kept at home unless they have a fever. In case of fever the 24-hour rule applies.

Head Injury: We assess any child with a head injury for signs of more serious complications. If there is any bruising, a mark on the child or change in neurological signs we will call the parent. If there is any vomiting, change in consciousness such as sleepiness or confusion the child must be seen by a physician as soon as possible.

Head Lice: Any time a student shows evidence of head lice either with the presence of live lice or the presence of new nits, the student will be excluded from school until treatment is complete. Parents will be provided with information that indicates proper treatment and also what needs to be done in the home.

Muscular-Skeletal Injury: We apply ice to all injuries. If there is pain, swelling or decreased movement we will call the parent.

Medications

Prescription and/or over the counter medications can only be dispensed in the nurse's office and must be accompanied by doctor's order written on a District 93 medication form. Parent's permission is a required part of this medication form. Students are permitted to carry inhalers and epinephrine auto-injectors with parent and doctor's written permission on file in the health office. Students are not allowed to bring in or take over the counter medication, including cough drops, without the proper district medication form and physician signature. Parents/guardians must bring all medications to the nurse's office. Parents should contact the nurse's office with regard to medication procedures.

Physical Education Exemption

As required by Illinois School Code, every student is expected to participate in the physical education program. Exemptions from physical education may be granted for up to three days at the written request of the parent or guardian. A physician note must accompany exemptions that extend beyond three days. The school nurse may require periodic evaluations/examinations and renewals for continued exemptions from physical education activities.

Students who are exempt from physical education will also be exempt from outside recess.

Vision and Hearing

District 93 screens all students in the district for vision and hearing. We feel this is best practice to ensure that all students are available to learn. **Please be advised that an eye examination is now required by law for students entering kindergarten and/or entering a school for the first time.** An eye examination form should be completed and signed by your optometrist/ophthalmologist. Should you have any questions, please feel free to contact the nurse at the school your child attends.