

## SUSSEX COUNTY PUBLIC SCHOOLS

### School Health Services Program Guidelines

The **mission** of our school health services program is to promote health and wellness for our students and their families, our staff and our community. Our goals are to:

- Provide students with first aid and emergency care for illness and injury;
- Provide nursing care to students with medical needs;
- Prevent and control communicable disease and other health problems; • Promote a safe and healthy school environment

#### **Illness:**

**To protect all children from communicable disease and prevention actions to stop the spread of germs, we request that parents keep their children at home for fever 100 degrees or higher and/or at least 24 hours after they no longer have a fever\* or signs of a fever (\*chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine. Also, please keep your child home for vomiting, diarrhea, unexplained skin rash, difficulty breathing, persistent cough, or red draining eye. Please be advised that readmission to school for some diseases or conditions may require a statement from the physician affirming a child has been appropriately treated and/or is not contagious.**

#### **Medical Conditions and Health Care Plans:**

We encourage parents to communicate with the school nurse if their child has a medical condition such as **diabetes, seizures, asthma, heart condition, bleeding disorder, anaphylaxis (severe allergic reaction), sickle cell disease, or any other potentially life threatening condition.** The school nurse will assist you in developing an appropriate health care plan specifically for your child. The health care plan outlines what needs to be done during the school day and in an emergency. The health care plan is signed by parent and physician. Please keep the school nurse informed of any changes in your child's health or medical condition.

#### **Sick or Injured Children:**

Students who become ill or are injured at school or on a school bus shall be granted permission to leave class and report to the clinic. The student's parent or guardian will be contacted should the nurse feel it is warranted. **Space is limited in the school clinic; therefore, we ask that you make arrangements to pick up sick or injured children immediately. Except for unusual circumstances, students will be returned to class after 30 minutes of resting in the clinic.**

#### **Pediculosis (Head Lice):**

Each year we have a few cases of head lice detected within our student population. To help prevent this problem, parents should instruct their children not to share personal items such

as hats, scarves, coats, combs, brushes, hair accessories, and towels. Parents are encouraged to examine their children periodically for signs of head lice: intense itching of the scalp, tickling feeling of something moving in the hair, presence of small grayish-brown insects on the scalp, or tiny white oval shaped eggs (nits) which stick firmly to the hair shaft. If you suspect that your child has head lice, keep your child at home and contact the school nurse who can provide you with detailed information on treatment.

### **Medication Policy:**

Medication will be administered to students by qualified school personnel. Qualified school personnel shall be defined as nurses currently licensed in the State of Virginia and school employees (designated by the principal) who receive medication administration training by a registered school nurse. **Please note: medication of any kind is not furnished by Sussex County Public Schools.**

- 1. Before any medication may be administered to any student during school hours, written authorization shall be required as follows. All medication (with the exception of acetaminophen, ibuprofen and naproxen) shall require written authorization of student's licensed prescriber (physician, nurse practitioner, or physician assistant) and parent or guardian. Acetaminophen, ibuprofen and naproxen shall require only written authorization of student's parent or guardian, unless child requires such medication for more than three consecutive school days, at which time physician authorization is required.**
2. "Medication" shall be defined as all medications including over-the-counter nonprescription medications, vitamins, herbal products, dietary supplements, and those prescribed by a physician.
- 3. Parent or guardian must bring medication into school. All medication brought to school must be delivered to the office or clinic immediately. Medication cannot be transported on buses or by students.**
- 4. Prescription medication must be in the originally labeled prescription bottle that clearly indicates name of student, name of medication, dosage and hour to be given, and name of prescriber. Over-the-counter medication must be in the original, unopened container, labeled with student's name.**
5. It is recommended that the first dose of a new medication be given at home.
6. Any changes in an original medication authorization require a new written authorization and corresponding change in the prescription label.

7. Antibiotics prescribed 3 times a day will not be given at school. These can be administered at home before school, after school and at bed time. Where antibiotics are prescribed 4 times a day, one dose will be given at lunch time.
8. Medication that is to be given in the morning should be administered at home prior to arrival to school, if at all possible.
10. Parent or guardian may give medication to their child during the school day if they so desire. Parent or guardian should check in at the school office first when coming into the school for this purpose.
11. **Students with a diagnosis of asthma and/or anaphylaxis (severe allergic reaction) may possess and self-administer inhaled asthma medications and/or auto-injectable epinephrine during the school day, at schoolsponsored activities, and while on the bus or other school property provided the following conditions are met: The student must have written consent from a parent; written notice from a physician or nurse practitioner that identifies the name, dosage and frequency of medication and circumstances which warrant such medication to be self administered; physician confirmation that student demonstrates ability to safely and effectively self administer medication; and an individualized health care plan including emergency procedures for any life-threatening conditions. The permission to possess and self-administer inhaled asthma medications and/or auto-injectable epinephrine shall be effective for one school year and must be renewed each school year. Parent or guardian will be notified by a school official before any limitations or restrictions are imposed upon a student's possession and selfadministration of inhaled asthma medications and/or auto-injectable epinephrine.**
12. Parent or guardian is responsible for providing medications and any equipment required to administer medications or provide special medical care, such as, but not limited to lancets, needles, and syringes; glucometer; testing strips; supplemental snacks; and nebulizer tubing and mouthpiece.
13. Medication will be stored in a locked cabinet or secured area.
14. **Left over medication must be picked up by parent or guardian at the end of the school year or it will be discarded.**

Copies of health care plans and medication authorization forms can be obtained from the school nurse or online at the Sussex County Public Schools website under the [Department of Health Services](#).

For more information, please visit the Virginia Department of Education's webpage for [School and Student Support for Health and Medical](#).