

Frederick County Health Department/Frederick County Public Schools

HEALTH ROOM INFORMATION

The School Health Nursing Team consists of the Registered Nurse (RN), Licensed Practical Nurse (LPN), and Health Room Technician (HRT). The RN is assigned to more than one school, so your child will most likely be seen by the LPN or HRT who is assigned to the school. Listed below are a few guidelines to help ensure a healthy and positive experience for your child while he/she is in school:

What health information do I need to provide to my child's school?

Physical Examination Form: All students entering Maryland schools are required to have a physical examination completed by their health care provider (HCP) within nine months prior to entering the public school system or within six months after entering the system. Your HCP will have a form or the state form can be downloaded from www.fcps.org.

Proof of Immunization: You are required to provide documentation of your child's immunizations before attending the first day of school.

Confidential Health Information Cards: These cards are sent home with your child at the beginning of each school year. Please complete and return as soon as possible. Remember to update Health Room Staff with any changes in your child's health that occur during the school year.

What if my child needs to take medicine at school? ALL medications to be taken at school, whether prescription or nonprescription (over-the-counter), **must** have a Medication Authorization form completed by the child's health care provider and parent. This form is available from the Health Room Staff and at www.fcps.org. This form along with the medication, in a properly labeled bottle or original unopened package, must be given directly to the Health Room Staff by the parent/guardian. Students are not permitted to carry medications to and from school except for emergency medications approved by the RN and HCP. Parent/Guardians will be notified at the end of the school year as to how to handle any unused medications in the Health Room.

What if my child is sick or injured at school? The Health Room Staff will evaluate all injuries and symptoms of illnesses. First aid will be provided as necessary and parents/guardians will be notified as appropriate. A note will be sent home with your child after every health room visit. If you need more information than the note provides, please contact the health room.

When should I keep my child home?

Based on information obtained from the Centers for Disease Control (CDC), your child should stay home from school if he/she has one or more of the following symptoms:

- Temperature of more than 100
- Vomiting
- Diarrhea
- Undiagnosed rash or skin infection

Please keep your child home from school for 24 hours after the last episode of vomiting, fever, and/or diarrhea. If these symptoms persist for more than 24 hours, you should contact your child's health care provider.

To help ensure a healthy experience at school and help prevent illness:

- Notify the Health Room Staff if your child is being treated for strep throat, pneumonia, conjunctivitis, etc.
- Make sure your child washes their hands frequently (i.e. before meals, after restroom use, after playing, after sneezing/coughing in their hands, when visibly dirty, etc.) to cut down on the spreading of germs.

Please call the health room with any questions concerning your child's health.