

# Frederick County Health Department/Frederick County Public Schools

## HEALTH ROOM INFORMATION

The following guidelines are provided to ensure a healthy and positive Health Room experience for your child:

### 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 of entering the system. Your HCP should have a form, or the state form can be downloaded from [www.fcps.org](http://www.fcps.org).

**Proof of Immunization:** You are required to provide documentation of your child's immunizations prior to 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 health changes.

**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 a health care provider and parent. This form is available from the Health Room staff or at [www.fcps.org](http://www.fcps.org). This form, along with the medication in a properly labeled bottle or unopened package, must be given directly to Health Room staff by the parent/guardian. Parent/Guardians will be notified at the end of the school year regarding pick up of 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 and parents/guardians will be notified if appropriate. A note will be sent home with your child for 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 greater 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, diarrhea, and/or fever greater than 100° without medication. 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 communicable illness e.g. 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 reduce the spread of germs.

Please call the health room with any questions concerning your child's health at (240)236-7416