

## **Willow River Health Office-FAQ** (Reviewed/Revised 8/20))

Our goal and mission is to facilitate and strengthen the educational process by promoting, improving and protecting the health status of our students.

### **Is my child well enough to go to school?**

The guidelines listed here are to help prevent the spread of illness in school. Our goal is to keep our kids healthy so illness doesn't interfere with learning. Following the "Rule of 24" is essential to prevent spreading of illness. You will be called by school staff if the guidelines are not being met.

***\*Covid-19 exclusion guidance applies at this time, please refer to the screening checklist, exclude your child when necessary and report symptoms to the nurses office.***

### **RULE OF 24:**

1. If your child has a temperature of 100.4 degrees or more. Remain home until temperature stays under 100 degrees for 24 hours without the use of fever reducing medication like Tylenol or Ibuprofen.
2. If your child is vomiting or has diarrhea. Remain home until no symptoms for 24 hours without the use of medication to control them. It is helpful for the child to have a regular meal at home too. Otherwise if the school meal is the first meal the kids generally develop stomachaches and don't feel well.
3. If your child has a contagious illness that requires antibiotics. Generally they need to be on the medication for 24 hours before returning to school. If MD indicates they can return in less than 24 hours, please bring documentation to support this direction.
4. Please have your child seen by a medical provider if your child has an undiagnosed rash or red, matted eyes.

### **How can I help my child do well in school?**

Have your child eat a well-balanced diet including a nutritious breakfast. Teach your child to drink water often-kids get headaches easily if they are not well hydrated. Get adequate exercise. Get enough rest, about 8-12 hours depending on your child. Maintain a good balance of work and play. Limit the amount of time your child watches television or plays with electronic games. Encourage your child to wash their hands before and after meals, after using the bathroom, after playing outside, after coughing, sneezing or blowing their nose, and whenever their hands do not look, feel or smell clean.

We strongly recommend that children have a complete physical before entering kindergarten and grade 7. Students participating in athletics must have a physical exam every 3 years in order to clear the student for participation in sports. A dental exam is recommended every year.

### **What if my child needs medications during the school day?**

**All prescription medication must have a physician order for the health office staff to administer it in school. The MD order is obtained on the "Authorization for Administration of Medication at School" form.** Parent signature is also required on this form. Please print the form from the school website and have it filled out by the provider. If unable, please provide the health office with the MD and phone number in order to fax the order to the doctor. If you take your child to the doctor and a medication is prescribed that will need to be given at school, please obtain a written order while at the clinic to avoid the need to fax the order to the doctor. The written order will be attached to the form at school.

The school district does not stock any over-the-counter medication. If your child needs to have over-the counter medication at school, parent written permission is required. Permission to administer it in school is obtained on the "Over the Counter Medication Authorization Form". The student must bring in their own supply of the medication. The medication must come in the original manufacturing container-you cannot send a plastic bag with medication in it. It must not be expired and it must be approved by the FDA for use in children, and can only be given according to instructions on the label or package insert. If a parent or guardian wants their child to receive a different dose other than what is listed on the label or package insert, then a physician must provide written order with those directions. Aspirin or products containing Aspirin will not be administered to students by school staff without a physician's order and school nurse approval. Students cannot carry their over the counter medication.

If your child needs to have medication administered during the day, you can obtain the forms through the health office. The forms are also available on-line on the Willow River School Website: [isd577.org](http://isd577.org). (Click on Menu, Health and Wellness, then School Nurse.) Students may carry their inhalers, but only after the "Authorization for Administration of Medication at School" form is signed by parent and MD. A student contract will be reviewed with the student and nurse to ensure they can safely carry and administer their inhaler.

### **How often do the medication authorizations need to be signed?**

Each form that is signed is only effective for one school year. The nurse will be available during the open house each fall, with all the necessary forms for you to sign for the new school year. **Please plan to attend the open house and bring in the prescription medications, over-the-counter medications, inhalers, nebulizer medications, and Epi-Pens that your child may need during the school year.** If the form is signed by the parent at the Open House, the nurse will fax the order and attempt to get the signed order from the MD prior to the first day of school.

### **Returning medication at the end of the year:**

The medication authorization forms have a place for the parent/guardian to indicate how the medication will be sent home at the end of the year. Any medication that is not either picked up or sent home on the last day will be destroyed. It cannot be saved and used the following school year.

### **What health screening does the school provide?**

We follow recommendations from the Minnesota Department of Health for screening programs. Currently students in K, 1, 2, 3, 5, 8 and 11 are screened for hearing. Students in 1, 3, 5, 7, and 10 are screened for vision. If you have concerns about your child's vision and hearing and they are not in a grade scheduled to be screened, please call the health office and request a screening for your child. Color vision screening is completed for the kindergarten boys.

### **Emergency Information Form:**

Each year we will ask parents to complete an emergency information form. ***This year with the increased probability of symptoms and exclusion due to COVID-19, updated contacts are very important, please make sure there is someone that can be reached for each student.*** This form will give you an opportunity to provide the school with phone numbers where you can be reached, and for trusted people who we can call should we not be able to reach you. There is also space to document any health concerns your child may have. As the nurse of the school, I appreciate knowing of health concerns so I can be well informed and prepared to provide nursing services to your child.

### **How do I contact the health office?**

The health office is staffed from 8am-3pm on days when students are present.

i can be reached by phone: 218-372-3131 extension 103, or email: [nurse@isd577.org](mailto:nurse@isd577.org).

If you call after 3pm, you can leave a message which will be returned at our first opportunity. Be sure to leave a call back number where you can be reached during the school day.