

# NOTES FROM THE SCHOOL NURSE

Updated: October 2014

## PHYSICAL EXAMS (BLUE FORM)

The State of Connecticut requires that incoming kindergarten students have a physical (blue form) on file with the school nurse prior to the start of school. This includes important medical information about your child as well as proof of required immunizations. This physical can be done any time within 1 year prior to starting school. Required immunizations for entry to kindergarten are the following:

**DTaP:** At least 4 doses. The last dose must be given on or after the 4<sup>th</sup> birthday.

**Polio:** At least 3 doses. The last dose must be given on or after the 4<sup>th</sup> birthday.

**MMR:** 2 doses separated by at least 28 days. The 1<sup>st</sup> dose must be given on or after the 1<sup>st</sup> birthday.

**Hep B:** 3 doses, at least 4 weeks between doses 1 and 2; 8 weeks between dose 2 and 3, 16 weeks between doses 1 and 3, and the 3<sup>rd</sup> dose must be given after 24 weeks of age.

**Varicella:** Verification of the disease by an MD, or 2 doses separated by at least 3 months. The 1st dose must be given on or after the 1st birthday.

**HIB:** 1 dose on or after the 1st birthday for children starting school before their 5<sup>th</sup> birthday.

**Pneumococcal:** 1 dose on or after the 1<sup>st</sup> birthday for children starting school before their 5<sup>th</sup> birthday.

**Hepatitis A:** 2 doses given 6 calendar months apart, the 1<sup>st</sup> dose given on or after the 1<sup>st</sup> birthday.

After kindergarten, the next **required** physical is for grade 6. Should there be any changes to your child's health during the elementary school years, please update the school nurse.

Any student, regardless of grade, moving here from out of state must have a physical done within one year prior to entry that is compliant with the State of Connecticut physical and immunization requirements. This needs to be on file in the health room prior to the student starting school.

## MEDICATIONS AT SCHOOL

**Drugs/Medications/Inhalers are not permitted in school unless prescribed by a doctor.**

All medications must be brought to school by the parent/guardian or responsible **ADULT** and handed to the school nurse or office staff.

Prescription medications must be in a properly labeled container from a pharmacy, and over-the-counter medications must be in their original labeled container.

A medical authorization form signed by the doctor **AND** the parent/guardian must be on file in the health room. This is a policy mandated by the State of Connecticut and includes all over-the-counter medications, such as Tylenol and Advil, as well as all prescriptions.

A parent/guardian may bring in and administer any medication to his/her child in the school health room at any time.

## **WHEN YOUR CHILD IS ILL**

If your child is ill and will not be attending school, please call the school by 9:15 AM at 860-828-6336. If we do not hear from you, it is our policy to call parents/guardians to confirm an absence. Calls will be made in the morning to homes, places of employment, or people listed as emergency contacts by the parent/guardian. This policy is in place for the safety of your child to confirm that children who left for school arrived here safely.

When you call the school, please give a specific reason for your child's absence. This will help the nurse track communicable illnesses, such as strep throat, chicken pox, head lice, etc., and notify other parents if necessary.

Please **DO NOT** send your child to school if he/she is sick. If your child was vomiting during the night, keep him/her home to make sure the illness is over. If your child has been running a fever, please make sure he/she is fever-free for 24 hours **WITHOUT** fever-reducing medications, before allowing him/her to return to school. Remember that children cannot concentrate and learn if they are not feeling well. Sick children can also infect other students and staff in the classroom.

## **CALLS FROM THE NURSE**

Parents will not receive a note or call from the nurse each time a student is seen in the health room. Parents will be contacted depending on the nature of the health room visit. Please make sure the school has the correct contact information, and remember to update information if phone numbers change during the year. It is important that the nurse is able to locate a parent/guardian or designated adult in the event that a child is ill or injured at school.

## **GYM EXCUSES**

A parent/guardian may write a note to excuse a child from gym for a short-term routine illness or injury. A physician note must be obtained if the illness is due to a non-routine problem, such as mono, or an orthopedic problem such as a severe sprain or fracture. A physician note is also needed in cases like these to allow the student to resume gym class.

## **SCREENINGS**

Vision screening for distance visual acuity is done annually for all students in grade K – 5 per state guidelines. Students are also screened for color blindness.

Hearing screening is done on all students in grade K – 3 and grade 5 per state guidelines.

Scoliosis screening is done in the spring on students in grade 5 per state guidelines.

Testing results will only be communicated to parents if the child did not pass and a referral is needed.

## **COUGH DROPS**

A doctor's order is required for any cough drop containing menthol (please read the label). A note from a parent is required for all other cough drops, including Ludens, Halls Breezes, Halls Refresh, Hall's Defense with Vitamin C, and Ricola Naturals. All cough drops are kept in the health room. Students are to have them in the health room due to the potential choking hazard.

**ITEMS OF INTEREST**

Enterovirus D68 (CDC)

[http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s\\_cid=cdc\\_homepage\\_whatsnew\\_001](http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s_cid=cdc_homepage_whatsnew_001)