

## **CHERRY ROAD SCHOOL HEALTH OFFICE – 2018/2019**

### **PHYSICALS**

According to New York State law, physical exams are required for all students in ***grades K, 1, 3, 5, 7, and 11*** and for any ***new*** student entering the Westhill School District. Physical forms are available both from the Health Office and the Main Office. We encourage parents to have their child examined by their own physician whenever possible as he/she knows your child best. Please inform the Health Office if your child has an appointment for a physical later in the year so that we will not schedule a school exam. Please remember to send in the necessary paperwork to document the physical as soon as possible. Those students who do not turn in a completed physical form will receive a health appraisal from our school physician after November 1<sup>st</sup>. There have been some recent changes to the NYS immunization requirements. Please check with your child's primary care physician to make sure their immunizations are current and they are ready to start school.

### **MEDICATIONS**

Any medications taken during the school day require a doctor's note, as well as a note from the parent. This includes all over-the-counter medications. Children are not permitted to transport medications to and from school. A parent must drop medications off in the Health Office.

### **ILLNESSES**

Please see the "How Do I Know If My Child Is Too Sick For School" memo on the back of this sheet. Please feel free to contact the Health Office with any concerns. Please keep this memo as a reference guide.

### **MEDICAL CONCERNS**

Feel free to contact the Health Office with any concerns. If at any time during the school year there is a change in your child's medical condition, please notify the Health Office as soon as possible.

### **ATTENDANCE**

***Please call the MAIN OFFICE with any absences, early pick-ups, etc.***

<b>CHERRY ROAD MAIN OFFICE:</b>	<b>315-426-3300</b>
<b>CHERRY ROAD HEALTH OFFICE:</b>	<b>315-426-3320</b>
<b>CHERRY ROAD HEALTH OFFICE FAX:</b>	<b>315-426-3324</b>

Thank you –

**Beth Nagraj, RN, School Nurse**

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## **Westhill Central School District School Health Services**

You don't want your child to miss school, but neither do you want to send a sick child to school and endanger him or her and other children as well. If your child comes to school ill, or becomes ill during the school day, he/she will be sent home. It is important that a parent or guardian can be reached at all times in the event of illness or injury. *Please be sure to keep your emergency information up-to-date.*

### **When should your child stay home from school?**

#### **Fever**

Fever is an important symptom. When it occurs along with a sore throat, nausea, listlessness or a rash, consult your doctor. Please keep your child home during the course of a fever and for an additional 24 hours after the fever has passed with out the use of medications (Tylenol, Advil, ect). \*Your child will be sent home for a temperature of 100 degrees or higher, per Onondaga County Health Department and CDC guidelines.

#### **Vomiting or Diarrhea**

A child who has either vomiting or diarrhea should remain at home until 24 hours after the last episode, in order to recuperate, and to prevent transmission of the illness to others. Unless, by Nursing judgement, vomiting is due to anxiety, motion sickness, noxious smells, gagging and or sensory precursors.

#### **Undiagnosed Rash**

His/her doctor should see your child, as rashes are often contagious. The school nurse cannot diagnose a rash.

#### **Bad Cough/Worsening Cold Symptoms**

These can be a sign of bronchitis, flu, allergies, or pneumonia. When a mild cough lingers or worsens, keep your child home and call the doctor.

#### **Sore Throat**

A sore throat, especially if accompanied by a fever, headache, or body aches could be a strep infection. Strep is contagious and requires a throat culture to diagnose and antibiotics to treat. Your child must be on antibiotics for 24 hours before returning to school, to ensure they are no longer contagious.

#### **Conjunctivitis or "Pink Eye"**

This is highly contagious. If one or both eyes are burning, itching, and producing discharge check with your doctor. Cases require treatment with prescription eye drops or ointment. Your child needs to be on the treatment for 24 hours before returning to school.

*Thank you for helping us keep our children and staff healthy! (Rev. 5/2018)*

