

Please refer to the Nurse's corner for information related to Student Health, Medical forms and other important information.

Physical Examinations

- Examinations are required by law upon original entry into school and in the Kindergarten, 7th and 11th grades. Parents are advised to have these examinations done during the summer months by family physicians or health centers. Reports of these examinations are due at the opening of school in September. They can be emailed to the Nurse at Btrautz@philasd.org
- Temporary or permanent health problems should be reported to the school. The school will report to the parents in writing or by phone call any deviations from normal health that are discovered or suspected in school.

Immunizations

- Pennsylvania Department of Health regulations require that all students attending school must be fully immunized. The only exceptions to these regulations are those students for whom immunization is not medically advisable or those for whom immunization is contrary to religious or moral beliefs. Students who are not fully immunized will be prevented from entering school. If one of the above exceptions applies to your student an exemption form needs to be filled out and given to the school nurse in order for them to attend school.

Health Screenings

- All students are seen each school year by the nurse. Each student is weighed and measured and is given a vision test. Students in grade 7 are screened for scoliosis. Students in grades K-3, 7 and 11 are given a hearing test. Written reports that deviate from the norm are sent home to the parent. Parents are asked to contact the nurse by a phone call or note after a doctor has evaluated the student.

Emergency Contact Forms and First Aid

- No student may leave the school for health reasons without prior authorization of the Principal or the School Nurse. Parents/Guardians are required to come to school to pick up any student needing to leave school for health reasons. Students are not permitted to walk home from school without a parent or guardian.
- All students must have an emergency contact form in the health office. Tylenol and Ibuprofen WILL NOT be given to any student without this form on file. The form can be found on our website or sent home with your child.

Important information on when to keep your student home

1. Fever – 100.4 degrees Fahrenheit or higher, the student should remain home until free of fever for 24 hours without using fever reducing medications.
2. Diarrhea – The student may return to school 24 hours after being free of symptoms.
3. Vomiting – Occurrence of more than one episode of vomiting and associated with other symptoms. May return to school 24 hours after being free of symptoms.
4. Absence notes – This must be sent when the student returns to school. For absences of 3 or more consecutive days, a doctor's note is required in order to be excused.

SYMPTOMS TO CHECK FOR

A variety of symptoms have been associated with COVID-19, and their impact on health has ranged from mild to severe. Symptoms may appear 2–14 days after exposure to the virus. While we continue to learn more about the virus, at this time, symptoms of COVID-19 are listed below. Keep your student home from school and consult their healthcare provider if they are experiencing *any* of the following:

- Fever above 100.4°F
- Frequent dry cough (not due to a pre-existing illness)
- Shortness of breath or difficulty breathing

Keep your child home from school and consult their healthcare provider if they are experiencing *two* of the following:

- Sore throat
- Headache

- Chills
- Generally feeling unwell, fatigue, and/or muscle aches
- New loss of taste or smell
- New foot sores

Helpful Tips for Staying Healthy

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs. Wash hands often with soap and water for 20 seconds.
2. Avoid touching eyes, nose and mouth.
3. If your son/daughter has any signs and symptoms of illness, please keep them home.
4. Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.
5. Do not share drinks, food, or unwashed utensils.
6. Get plenty of rest, eat healthy foods, and drink lots of water.
7. Avoid people who are sick and stay home when you are sick.
8. Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, toothbrushes,remotes).

Medication Administration at School

Parents/guardians are asked to contact the School Nurse if a child has any special nursing care needs that must be provided during school hours. Examples of this includes blood sugar checks, seizure precautions or other medical needs. The nurse will facilitate and coordinate arrangements for meeting these needs, along with parent/guardian and physician collaboration and input.

“Medication” is any drug used for treating an injury, disease, or symptom of an illness that is prescribed by a qualified healthcare provider. This also pertains to over-the-counter medications.

Administration of medications, especially short term, should be done at home whenever possible. If a student is required to take medication during the school day, the medication should be taken to school by parents/guardians or an adult designee. A Medication Permission from the Health Care Provider should accompany all medication, including for the treatment of allergies, asthma, or diabetes.

Please see the MED1 Form listed under forms to take to your physician. There is one for Asthma and then a general one for any other medication. Please make sure the Health Care Provider signs and dates the form and you the parent /guardian does the same.

If you have any questions or concerns, please do not hesitate to contact the school.

Bridget Trautz BSN, RN, CSN

Certified School Nurse

Allen Stearne Elementary

215-400-3980 Ext 2

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Important Medical Forms/Links

Student Health Services

1 <https://www.philasd.org/studenthealth/>

Student Emergency/Medical Information

2

<https://www.philasd.org/studenthealth/wp-content/uploads/sites/854/2018/08/S865-8-18.pdf>

Physical Exam/ Form MEH-1

3

https://www.philasd.org/studenthealth/wp-content/uploads/sites/854/2019/05/Report-of-Physical-Examination-Form_MEH_1-1.pdf

Medication Form/MED-1

4

<https://www.philasd.org/studenthealth/wp-content/uploads/sites/854/2018/08/Med-1.pdf>

Asthma Medication Form/MED-1

5

<https://asjenks.philasd.org/wp-content/uploads/sites/199/2018/08/Request-for-Administration-of-Asthma-Medication.pdf>

Dental Exam Form MEH-155

6 <https://webapps1.philasd.org/downloads/tm/MEH-155.pdf>

Vaccination Information

7 <https://www.health.pa.gov/topics/Documents/School%20Health/SIR5.pdf>