

DIAMOND ELEMENTARY SCHOOL
HEALTH ROOM INFORMATION

Health Room Staff:

Claudia Leas, School Nurse

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Leslie Foster, Health Room Technician. She is on duty from 8:30-4:00 p.m. each school day.

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Each school has a registered nurse (RN) and a health room technician (HRT). The nurse is assigned to more than one school, so your child will most likely be seen by the HRT who is at our school daily.

Listed below are a few guidelines to help ensure a healthy and positive experience for your child while he/she is in school:

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. Your health provider will have a form or the state form can be downloaded from

Proof of Immunization: Because your child is required to have certain immunizations he/she will not be able to attend school until a proof of immunization record is made available. This form is completed by your health care provider.

Health Information Cards: These cards are distributed at the beginning of each school year. Please complete, sign, and return them as soon as possible. This information is very important to the health room staff in the event your child becomes ill or is injured while at school. Notify the school with changes as they occur i.e. phone numbers, emergency contact, and health concerns.

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 the child's physician and parent. These forms are available through the Health Room and at the links listed below.

- Medication will ONLY be administered in school WITH the parent/guardian's written permission and physician statement on MCPS form 525-13, or 525-14 (Epipen only). Medication forms are available in the school health room or online at (Form 525-13) www.montgomeryschoolsmd.org/departments/forms/pdf/525-13.pdf. Or (Form 525-14) <http://www.montgomeryschoolsmd.org/departments/forms/pdf/525-14.pdf>. If you have any questions, please call our health nurse and health technician at 301-840-7177.

- If a child requires emergency medication during school hours, the parent/guardian and the physician must complete an authorization form MCPS 525-13 or 525-14(Epipen). For emergency medications (e.g., for bee stings) this form should be completed at the beginning of each school year. **No medicines of any kind are to be sent to school with a child.** Parents/guardians must deliver any prescribed or over the counter medicine to the Health Room in the original container with the pharmacy label and be consistent with the physician's order. In order for the health technician or the nurse to give a child medicine (over the counter or prescription) the MCPS 525-13 form must be filled out and signed by the child's physician. This form along with the medication, in a properly labeled bottle or original unopened package, must be brought into the Health Room by the parent/guardian. Students are not permitted to carry medications to and from school. For the protection and safety of all students, all medications must be taken in the Health Room. Parents will be notified at the end of the school year as to how to handle any unused medications in the Health Room.

What if my child is sick or injured at school? The health staff will evaluate all injuries and symptoms of illnesses. First aid will be provided as necessary and parents/guardians will be notified as appropriate. In case we are not able to locate either parent, the health room staff will contact the "relative or neighbor to contact in case of emergency" as listed on the child's emergency card. It is vital that the school has up-to-date emergency numbers and addresses for each child. In addition, you must state your doctor's name and address. If no one expects to be home during the day, it is advisable to let your child know who should be contacted in the event of an illness or injury.

When should I keep my child home?

To prevent the spread of communicable diseases (colds included), parents are requested to keep children home if illness is suspected. We find that children who are not feeling well usually cannot do their work satisfactorily and their presence in school does not make it worthwhile. Important signs of illness:



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| - Temperature of more than 100 | - Earache |
| - Nausea or Vomiting | - Thick discharge from nose |
| - Persistent Stomachache | - Painful sore throat |
| - Diarrhea | - Rash or skin infection |
| - Pale or flush face | - Red or pink eyes |
| - Headache | - Loss of appetite |
| - Persistent cough | - Loss of energy/decrease in activity |

If these symptoms persist for more than 24 hours, you should contact your child's health care provider. If your child comes to school with these symptoms and is sent to the health room, we may call you to pick up your child.

To help ensure a healthy experience at school and help prevent illness:

- Please make sure your child gets enough rest. Studies have found that most school age children require 8 – 12 hours of sleep
- If your child does not eat breakfast at school, please make sure they eat a good healthy breakfast before they leave home. Food is very important for brain activity.
- Make sure your child washes their hands at appropriate times (i.e. before meals, after restroom use, after playing, after sneezing/coughing in their hands, when visibly dirty, etc.) to cut down on the spreading of germs.
- Parents are encouraged to notify the health office when their child has head lice, strep throat, pink eye, so that the school can take precautionary measures. Any health information reported to the school is confidential.

Please feel free to call the health room with any questions you may have concerning your child's health. We can be reached at 301-840-7177.