



## Healthy Children...Ready to Learn A Healthcare Guide for Children at School

Children need to feel well to benefit from their day at school. When they are ill, they are not learning. Sick children also expose others to illness.

### **When to Stay Home From School:**

- A fever of 100 degrees or higher - child should remain home until temperature has been normal for 24 hours without the use of fever reducing medications (Tylenol or ibuprofen/Motrin/Advil) before returning to school.
- Vomited within the last 24 hours - child should remain home until no vomiting for a full 24 hours before returning to school.
- Diarrhea within the last 24 hours - child should remain home until no diarrhea for a full 24 hours before returning to school.
- Symptoms that prevent child from participating in school, such as:
  - Excessive tiredness or lack of appetite
  - New cough
  - New loss of taste or smell
  - Sneezing that brings up mucus and/or nasal discharge/congestion
  - Headache, body aches, earaches
  - Sore throat - a minor sore throat is usually not a problem, but severe sore throat symptoms could be strep throat, even if the child does not have a fever. Other symptoms of strep throat in children are headache and upset stomach. Contact your physician if your child is experiencing these symptoms as a special test may be needed to determine if it is strep throat
  - Red eye - may have eye drainage and discharge, crusting, or “stuck shut” when awakening
  - Unidentified rash - except poison ivy, poison ivy is not contagious

For other health concerns, please see the Iowa Department of Public Health link for Childhood Illness & Exclusion Criteria: <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://hhs.iowa.gov/media/2819/download?inline=>

### **If your child is sick from school, call the secretary(s) and report the illness:**

Please let the nurse know if your child has a reportable illness like COVID-19, chickenpox, ect. The secretary(s) can transfer the call to the nurse if needed, or you may call the nurse directly at 641-664-2200 ext. 1120.

### **Help Your Children To Stay Healthy By:**

- Teach them to wash their hands with soap and water after using the bathroom, before eating, and after blowing his/her nose
- Teach them NOT to drink from another child’s drink or eat another child’s food
- Teach them NOT to put their fingers in their mouth
- Teach them to cough and/or sneeze into their elbow sleeve, NOT in their hands

### **If your child becomes sick or injured at school, do we know how to reach you?**

We will call the numbers you list when you register online in PowerSchool. PLEASE - let the office know if there are any changes in the way we can contact you. Make sure your child knows who the important people are. They should know first and last names, not just “Grandma” or my babysitter “Mary”.

**Send a note to the teacher** when there is a change for the day; such as your being out of town or away from home. This is especially important if another adult will be in charge of making health decisions for your child.



## **MEDICATIONS AT SCHOOL:**

**MUST BE IN THE ORIGINAL CONTAINER \* No envelopes, baggies, or old prescription bottles.** *The pharmacy will fill 2 bottles for you - 1 for school doses and 1 for home doses.*

Long Term Medications: Use the school medication form located on the [DC Mustangs website](#), or obtain from the nurse

Doctor's order is needed stating:

- Name of medication, dose to be given, route to take medication
- Time medication is to be given
- How many days (3 weeks, all school year, etc.)
- Anticipated side effects
- Doctor's signature
- Parent's signature

### Short Term Medications:

Antibiotics and other prescription drugs - if ordered 3 times a day - please give doses before school, after school, and at bedtime. If ordered 4 times a day, they will need to take medication at school.

*\*The pharmacy will fill 2 bottles for you - 1 for school doses and 1 for home doses if requested.*

### Over the Counter Medications:

Medicines for short term symptoms such as cough medicine, antihistamines (for poison ivy & seasonal allergies), and pain medicine (for recent injury or surgery) need:

- A note from you
- Medication in the original container

In the note, please state the name of medication, what time to give it, how much you want given, and when your child had their last dose, and if medication should be left at school or sent home each night.

### *Sample Note:*

01/05/21      Dear Nurse,

*Please give Mary 1 teaspoon of ibuprofen at 1:30 PM today and tomorrow due to her recent dental work. She had a dose at 7:30 AM this morning. Keep the bottle at school and send it home tomorrow at the end of the day.*

*Thanks,  
Mary's Mom*

**\*\*\* Please be sure to indicate your permissions in PowerSchool for each child. If needed (*in the case of headache, injury, earache, etc.*) we cannot administer over the counter pain relievers to your child at school if these permissions are not marked.**

**\*\*\* It is important to list any health concerns/needs in PowerSchool (*health conditions i.e.: asthma, migraines, ADHD, heart/lung problems, reflux, anxiety, etc.*), also please note any prescription medication your child takes (even if they are only taken at home).**