

# School District of Gilmanton

## Health Guidelines

Updated 10/19/2023

Parents are frequently concerned about when students should stay home or attend school. The following health guidelines apply.

**Fever**- Fever of 100° or more signals an illness. The student should stay home for 24 hours after the temperature returns to normal without the aid of fever-reducing medicine.

**Vomiting, diarrhea or severe nausea-sometimes called stomach flu or norovirus**-If a student has vomited or had diarrhea, the student should stay home 24 hours after the last episode and a normal diet is tolerated the night before and the morning of returning to school.

**Contagious/infectious diseases**-Diseases such as impetigo, whooping cough, and strep throat require a doctor's examination, a prescription for medication and a doctor's approval for return to school.

**Rash**- If a student has any rash that may be disease-related or if the cause is unknown check with your family physician before sending the student to school.

**Cough**- A persistent cough is commonly an upper or lower respiratory infection and if the cough is ongoing, coincides with fever or loss of appetite, or causes breathing problems, the ill student should stay home.

**Injuries**- If a student has an injury that causes continuous discomfort, the student should not attend school until the condition is checked by a doctor or it improves. Injuries that interfere with class participation need a medical evaluation. If participation in physical education class is not recommended, a doctor's excuse is required.

**Medications-** Students requiring a prescription medication at school must have a signed physician order on file and a parent request form. These forms are available in the high school office. Medications are given by designated school personnel. Inhalers or epipens can be carried and used by the student if stated on the physician order. Prescription medicine must come in the most current pharmacy container with the pharmacy label. Instructions for giving medication must match the physician's orders on file.

**Over-the-counter medications-** Medications must come in the original container with the student's name. The parent request to give medicine must state how much is to be given, what time, and what the medicine is for. Over-the-counter medications will be administered by designated school personnel if the parent request form is on file with school.

**Head lice policy-** No child can attend school with live lice or nits in their hair. If lice or nits are found the child must go home. He/she can return when an approved treatment for lice has been completed and the student is rechecked by the school nurse. See the head lice procedure and accountability for head lice on the school website.

**Immunizations-** By state law, immunizations must be up-to-date (or a waiver must be signed) and must be on file at school.

The School Nurse, Elaine Rud, should be contacted at 715-946-3158 with any questions regarding school health issues.