

A LETTER FROM THE HEALTH OFFICE

Cardiff School District Medication Policy requires that the following precautions be observed for the safety of your child and others.

Prescription Medications:

A Physician's Authorization for Medication form must be completed and signed by you and your doctor. The medication must be brought to the school health office by an adult, in a prescription container labeled by a California pharmacist with the student's name, medication, dosage and times of administration. Most pharmacies will be happy to make a duplicate labeled container to be brought to the school if you request it. Changes in medication or dosage will require that a new Physician's Authorization for Medication form be completed. No verbal changes will be accepted.

Over the Counter Medications:

Over the counter medication cannot be administered by school personnel without a written Physician's Authorization for Medication form. Non-prescription medication must also be brought to the school health office by an adult, in its original container and must be clearly labeled on the package with the student's name, the appropriate dose and time of administration. Medications brought to the school in a ziploc bag or any container other than the original will not be dispensed to the student.

Medication will be kept in a locked cabinet at school. While we will take every precaution possible, we cannot accept responsibility for the loss of or for the administration of the medication.

Lice Policy:

- Head lice are indiscriminate invaders that can affect anyone, regardless of personal hygiene or home environment. Lice shampoos are not 100% effective in killing all nits (lice eggs). Live nits will hatch within 7-10 days. Manual removal of all nits is essential to avoid another infestation. Hair should be checked daily for nits and another treatment is recommended 7-10 days after the initial shampoo.
- Lice are able to survive for up to 55 hours away from a human host. Lice can travel from one person to another through combs, brushes, towels, bedding, stuffed animals, headrests, upholstery, coats, hats, hair accessories and close contact. Homes and cars must be thoroughly cleaned and vacuumed after an infestation.
- If you discover that your child has head lice, inform the school health office so that we can notify other parents and prevent spreading.

Please feel free to contact the school office if you have any questions, or if there are any special circumstances we need to be aware of. We will be pleased to assist you in any way possible.

GUIDELINES FOR KEEPING AN ILL STUDENT HOME

It is not always easy to know when to send your child to school, and when to keep your child home. These Guidelines are based on public health science. If you have any questions regarding these guidelines, please contact your school nurse.

Please **do not** send a child with the following symptoms to school:

- Fever** of 100.0°F or more, taken orally (or 100.5°F taken by ear, rectally or temporal scan). A child with a fever who has been given a fever reducing medication such as ibuprofen or acetaminophen is not considered "fever free". The medication will generally lower the temperature, however the child is still contagious and may not attend school.
- Cough and difficulty breathing** - Do not send your child to school and see a doctor if symptoms include labored breathing (heaving of chest muscles with each breath), rapid breathing at rest, pale or blue color to skin, or wheezing (if never previously evaluated and treated).
- Rash that is undiagnosed**, especially when there is a fever and/or behavioral change.
- Chicken pox** - keep home until all blisters are scabbed over and there are no signs of illness.
- Diarrhea** - keep home if the stools are very watery and are increasing in frequency. See a doctor immediately if diarrhea is accompanied by: no urine output for 8 hours; jaundiced skin; or child looks/acts very ill.
- Vomiting** - with or without fever.
- Impetigo** - Keep your child home for 24 hours after starting an antibiotic treatment.
- Ringworm** (a contagious fungul skin infection). Keep your child home until treatment is started. If the infection is in an exposed area, cover with dressing and/or clothing upon return to school. Ringworm on the scalp requires an oral medication, but child may return to school if covered.

Unless otherwise indicated, students with above symptoms need to be absent for at least 24 hours prior to returning to school.

Antibiotics

Children who are placed on antibiotics for impetigo, strep throat, and other bacterial infections, should be on the antibiotics for a **FULL 24 hours** before returning to school to prevent the spread of those infections.

If at any time you are unsure if your child's illness is contagious, you may want to call your child's primary care provider. If you have further questions, please contact your school site to speak to the school nurse. Thank you for your continued support of the families in our school community.

Symptoms of COVID-19

- Fever of 100 or higher
- Chills
- New cough, nasal congestion or runny nose
- Shortness of breath or difficulty breathing
- New muscle or body aches or fatigue
- Headache (if abnormal for you)
- New loss of taste or smell
- Sore throat
- Diarrhea
- Loss of appetite, nausea, vomiting, abdominal pain

Please keep your child home if he/she is experiencing any one of the symptoms listed above or has a recent diagnosis or possible exposure to COVID-19. We recommend that you contact your doctor for further instructions.