

HORIZON STUDENT HEALTH PROCEDURES

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ILLNESS/EXCLUSION PROCEDURES

To: Parents/guardians of Horizon School students
Subject: Medical/sick procedures for exclusion from school

Controlling communicable diseases in school settings is of the utmost importance. Providing a healthy, safe and comfortable environment facilitates the educational process, encourages social development, and allows students to acquire positive attitudes toward organized settings.

Since so many of our students are considered high-risk and medically fragile, it is important that children who are ill remain home from school. It is the responsibility of the parents/guardians to have a plan in place for providing care for ill children, have transportation from school, and to provide care until they are well.

Students who do not feel well cannot focus on learning or enjoy the school environment and can create difficulties in a group setting. Furthermore, a student with a communicable disease may spread the illness to other students and staff. This is especially true with medically fragile students. Accordingly, it is essential that educators, parents, and guardians control the spread of communicable disease by safe, effective, and practical infection control efforts.

The following are conditions of particular concern to us. Please keep in mind that while your student may recover quickly from these diseases/conditions or not be bothered by the symptoms, other students' health may be greatly compromised if they contract the disease. Please keep your student home until the symptoms are resolved (**24-48 hours symptom-free is a good rule of thumb**), or a **doctor's written release** is presented to the nursing staff stating that the symptoms are not contagious. **Since so many of our students are considered high-risk/medically fragile, please remember to emphasize the fragile nature of our student body when contacting your MD regarding your student returning to school.**

1. **INFLUENZA-LIKE ILLNESS**: Symptoms include, but are not limited to: Fever, headache, muscle aches, fatigue, non-productive cough, sore throat, and runny nose. The CDC recommends **exclusion from school extending 10 days after the onset of flu-like**

symptoms. Full resolution of symptoms is recommended for those students returning to a setting where high numbers of high-risk people may be exposed.

2. COLDS: Symptoms may include: Green/yellow/brown discharge from the eyes/nose, sneezing, fever/chills, and general body discomfort. Students must be absent a minimum of 24 hours after symptoms are resolved, or return with a release from the doctor.
3. PERSISTANT COUGH: A cough can be caused by many things (i.e., allergies, asthma, etc.), and it is helpful for the staff to know your particular student's health concerns. A cough that is accompanied by phlegm that is discolored, fever, sore throat, headache, or rash, needs to be assessed by a doctor, and the student will be absent until released for school by their doctor.
4. FEVER of 100 degrees or higher: Parents/guardians will be called to pick up the child ASAP (as soon as possible). **The student must be fever-free (without the use of a fever reducer) for 24 hours** before returning to school.
5. STREP: If diagnosed by a doctor, the student will be absent from school a **minimum of 24 hours after antibiotics are first administered** and until they are able to participate in activities comfortably.
6. DIARRHEAL DISEASES (excluding diagnosed IBS): Symptoms include: Increased fluid content and/or decreased form with or without increased frequency. Diarrhea is often accompanied by nausea/vomiting, abdominal cramping, headache or fever. **If these symptoms are present, or any type of bowel treatment (fleet, enema, laxative, bowel aid, etc.) is administered, the student is to be absent until a normal bowel movement is re-established.** Parents/guardians will be notified and **students will be picked up after the first occurrence.** **When any type of bowel preparation is administered at home, it is to be scheduled so that results occur at home and not at school.** To insure this, parents/guardians may coordinate medication administration with school nursing staff.
7. NAUSEA OR VOMITING: Parents/guardians will be called to pick up their student ASAP. In the event that the parent/guardian is not available, an emergency contact will be notified. The student needs be **nausea/vomiting-free for 24 hours before returning to school.**
8. FOUL-SMELLING or BLOODY URINE: These symptoms and/or painful urination may indicate a urinary tract infection and should be seen by your doctor for treatment. For those students requiring peri-care, any observed vaginal discharge and/or irritation in the peri area will be reported to you for follow-up.
9. RASH: Any rash that is diagnosed as a bacterial infection **MUST** be treated with an antibiotic for at least 24 hours before the student can return to school and a release from the doctor must be provided. **Viral and fungal infections need to be resolved or a doctor's note stating that the rash is non-communicable must be provided.** If the

student returns with a treated rash, it must be covered. If the rash cannot be covered, or if the student will not leave a dressing on it, the student needs to be absent until the rash is dry or scabbed.

10. IMPETIGO: This disease presents as blister-like lesions on the skin. These will later ooze and develop into crusted sores. They appear in an irregular pattern. The sores may spread into a red, oozy rash with a clear or honey-colored crust. Itching is common. The student **MUST** be treated with an antibiotic for at least 24 hours before returning to school. As with a rash as stated above, it must be covered until it is dry and scabbed.
11. CONJUNCTIVITIS or PINK EYE: Symptoms include: Redness of the eye(s), white/yellow discharge, itching, and irritation. Parents/guardians will be called to pick up the student **ASAP** because of the highly contagious nature of this condition. To return to school the student **must be treated with an antibiotic for at least 24 hours and have a release from the doctor.**
12. EARACHE or EAR DRAINAGE: Parents/guardians will be notified of the complaint by the school nurse and the student must be picked up. **For cases involving ear drainage, the student must have a release from the doctor to return to school.**
13. ANY OPEN WOUND OR SORE: Breaks in the skin must be covered with a bandage sufficient to absorb any drainage. Only basic first aid is available at school. Therefore, any wound care including topical preparations and dressings must be provided from home. Any wound requiring more than basic care must be accompanied by an order with instructions from the doctor. In cases involving student behaviors that keep wounds open and unprotected, a meeting will be held to discuss resolution.
14. ILLNESS OF UNKNOWN ORIGIN: Students who have “general malaise” and are not well enough to participate in educational activities, but do not present with a defined set of symptoms, will be considered unwell and parents/guardians will be notified. School nursing staff will determine whether a student needs to be picked up from school.
15. REPORTABLE ILLNESSES: Chicken pox, pertussis, measles, mumps and rubella **require a doctor’s release to return to school.** While the majority of our students are immunized against these illnesses, we do have some students who are exempt and therefore at risk for becoming very ill. If we experience an outbreak of one of these diseases and your student is exempt, **you will be notified and your child must be absent, as per Utah state law, until the danger of contracting and/or transmitting the disease has passed.**
16. HOSPITAL ADMISSION OR E.R. VISIT: **A visit or admission to a hospital for illness or injury requires a release from the doctor before returning to school.**

17. PEDICULOSIS (HEAD LICE): Students found to have live head lice will be sent home for treatment. They may return to school after treatment and an effort has been made to remove “nits” or eggs from the student’s hair. The school nurse will re-examine each student’s head as necessary, and as possible, to check for proper treatment and any reoccurrence of head lice.

18. SEIZURES: Student seizures will be treated according to the doctor’s orders on file at the school. Parents/guardians will be notified before medication is administered per student health care plan. It is the parent’s/guardian’s responsibility to make sure the contact information is current, especially in circumstances where the parent is not available and a secondary contact is necessary. **A student experiencing a grand mal seizure will be picked up to recuperate at home. Parents/guardians should make contingency plans for pick up of their student. A period of 30-45 minutes is acceptable.**

All releases must **precede or accompany** the student returning to school. These may be faxed to Horizon at **(801) 766-2612**.

A contingency plan providing for your student to be picked up from school for any of the above stated situations, in a timely manner, is the responsibility of the parent/guardian. This would be 30-45 minutes. Excessive time at school when a child is not well causes them unnecessary anxiety. This plan may need to be updated periodically with the school staff. Please keep us informed as to whom we should contact. This includes students with a private-duty nurse as they are not able to provide transportation.

When a student is no longer contagious, but must remain on medication to receive the full course, the student is welcome at school, and the staff can administer those doses needed during school hours **(if accompanied by a doctor’s order)**. **Any new medication, including seizure rescue medication, must first be administered at home by the parent/guardian without harmful side-effects before it can be administered at school.**

Please read and sign the accompanying page indicating that you understand the policy we have set before you. We feel that by following this policy, we can reduce illness and improve your student’s education experience. Thank you for your cooperation in this matter.

Cathy Matheson, Principal, and Horizon School Nursing Staff