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## *Health Information*

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### Health Requirements

The State of Illinois requires that all children entering kindergarten or first grade (whichever is the child's first year in school), entering sixth grade, or enrolling in an Illinois school, regardless of the student's grade to have a **physical examination** and required immunization verified by licensed physician. A licensed prescriber is a physician, dentist, podiatrist, optometrist, physician's assistant, or advanced practice nurse. This examination must be given within one year from the start of the new school year. Any student not in compliance with these state requirements will be excluded from school until the requirements are met.

New students beginning school after the first official day of classes will have eight weeks from their first day to submit in written documentation their receiving the first dose of Hepatitis B vaccine to the Health Office. Upon receiving the third and final dose, written documentation must be submitted to the Health Office for the students' permanent record file. Vaccinations are available through a licensed prescriber or through the Lake County Health Department.

**Immunizations** - Evidence of immunizations must be provided for chicken pox, diphtheria, pertussis, tetanus, poliomyelitis, measles (twice), mumps, rubella, and Hepatitis B (series). A lead screening and varicella vaccination or documentation of chicken pox disease is required for all children entering kindergarten.

Parents will be notified of any health and/or immunization records not in compliance with the Illinois School Code. **Failure to provide proof of meeting these requirements can result in your child being excluded from school until the requirements are met.**

### Dental Examinations

Legislation also requires students in kindergarten, grade two, and grade six to have a dental exam. If a child in grade 2 and 6 fails to present proof by May 15, the school may hold the child's report card until one of the following occurs:

- The child presents proof of a completed dental examination;
- The child presents proof that a dental examination will take place within 60 days after May 15; or
- The parents obtain a waiver from the Department of Public Health or provide objection to the dental examination based on religious grounds.

The Illinois Department of Public Health shall establish a waiver for children who show an undue burden or a lack of access to a dentist.

### *Vision (Eye) Examinations*

State legislation also requires all students to have a comprehensive eye exam by a qualified eye doctor (i.e. optometrists and ophthalmologists).

The law requires comprehensive eye exams for children entering kindergarten or enrolling for the first time. If a child fails to present proof by October 15, the school may hold the child's report card until one of the following occurs:

- The child presents proof of a completed eye examination;
- The child presents proof that an eye examination will take place within 60 days after October 15; or
- The parents provide a signed statement of objection to the eye examination based on religious grounds.

The Illinois Department of Public Health shall establish a waiver for children who show an undue burden or a lack of access to a physician licensed to practice medicine in all its branches who provides eye examinations or to a licensed optometrist.

The law states that "an eye examination shall at a minimum include history, visual acuity, subjective refraction to best visual acuity near and far, internal and external examination, and a glaucoma evaluation, as well as any other tests or observations that in the professional judgment of the doctor are necessary." Tests must be completed within one year prior to the enrollment in school. Additionally, eye examinations at various grade levels may be required when deemed necessary by school administration or health assistants.

### *Illness*

Parents should keep a child home when these symptoms are present:

- Fever taken in the morning before school
- Nausea or vomiting
- Skin rash or sores
- Reddened, swollen, or watery eyes
- Red or swollen joints
- Diarrhea
- Excessive coughing or sneezing
- Sore throat
- Headache or earache

**Children should be kept home for 24 hours after an elevated temperature has returned to normal without fever reducing medication. Parents are asked to keep their child home for 24 hours after vomiting or diarrhea as well. If any of these symptoms persist, please contact a qualified physician.**

Any students not attending school during the school day may not attend special school events (including holiday parties) or after school activities.

Parents will be informed by letter if/when exposure to a contagious illness is known. Parents can help curtail the possibilities of epidemics by daily inspection of their own children. Because of the contagious nature of many illnesses, please consider the child's physical complaints before leaving or sending a child to school. If a child displays any symptoms of illness, parents will be contacted and expected to arrange for the student to be picked up. Sick children cannot remain in school.

### **Illnesses Occurring at School**

If a student becomes ill during the day, the health clerk/school nurse will check the child and, if necessary, call a parent or emergency contact to pick up the child. If parents or emergency contact cannot be reached and the student's condition necessitates immediate medical attention, the child will be taken to the hospital.

### **Communicable Diseases**

If a child has an illness that is considered contagious, please contact the Health Office. Examples include strep throat, lice, mononucleosis, skin rashes, infections, scarlet fever, chicken pox, impetigo, conjunctivitis (pink eye), foot and mouth disease, and Fifth's Disease (a form of measles). Children who come to school showing symptoms of any of these diseases will be sent home, and parents will be requested to seek medical attention for the child. Upon confirmation of a case of head lice in a classroom, the entire class will be screened for the infestation. The families of other students in the class will be notified.

**Children may not return to school unless they have been fever free for 24 hours without fever reducing medication. Also, if your child is on an antibiotic, he/she may not return to school unless they have been on medication for a 24-hour period as well as fever free for 24 hours.**

### **Unique Medical Needs of Students**

Parents must inform the School Nurse/Health Clerk of their child's medical condition or needs related to allergies, glasses, diabetes, asthma, or other health concerns.

Students with severe or unique medical concerns may be placed on an Individual Health Plan after a School Nurse has completed an assessment of the child's needs. Parents will be contacted to develop the Individual Health Plan together.

### **Medication**

Medication will be administered only when a medical authorization form is on file in the health office. **Both the parent and a licensed prescriber must complete this form.** A licensed prescriber is a physician, dentist, podiatrist, optometrist, physician's assistant, or advanced practice nurse. This form is provided with registration materials and is also available from the receptionist in the school offices.

The administration of medication to children is the responsibility of the parent, not the school. On rare occasions, a child's medical condition may require that medication be administered at school. The school does not provide any medications for students. In such cases, the administration of medication to a student will be subject to the following guidelines:

1. Documented permission from the parent must be on file in the Health Office to allow the child to receive medication (including over-the-counter medication) during school hours. This permission must be renewed with each new prescription.
2. A written order from a licensed prescriber detailing the medication, dosage, time interval to be given, and possible side effects must be on file in the Health Office. Medication Authorization forms can be obtained from the Health Office.
3. All medication must be furnished in an original container, properly labeled by a pharmacy or a physician. The container must state clearly the name of the student, the name of the medication, the dosage, the time of day to administer, and the duration of administration. Such medication will be placed in a locked cabinet located in the Health Office. All medications must be delivered to the Health Office by a parent. Only the parents, at the end of the school year, should pick up, any unused medication.
4. It will be necessary for the parent to confer personally with the School Nurse/Health Clerk before the administration of any medication at school. Any change in medication must come directly from the doctor in written form.
5. Please do not give a student any medication (including cough drops, nose drops, aspirin, etc.) to keep and take at school. This is for the safety of all students.
6. When it is not possible for the School Nurse to be present, authorized personnel will administer medication only after receiving instructions from the School Nurse.

**Administering Medicines to Students (per Board Policy 7:270)**

Students should not take medication during school hours or during school-related activities unless it is necessary for a student's health and well-being. When a student's licensed health care provider and parent/guardian believe that it is necessary for the student to take a medication during school hours or school-related activities, the parent/guardian must request that the school dispense the medication to the child and otherwise follow the District's procedures on dispensing medication.

No School District employee shall administer to any student, or supervise a student's self-administration of, any prescription or nonprescription medication until a completed and signed "School Medication Authorization Form" is submitted by the student's parent/guardian. No student shall possess or consume any prescription or nonprescription medication on school grounds or at

a school-related function other than as provided for in this policy and its implementing procedures.

A student may possess an epinephrine auto-injector (EpiPen) and/or medication prescribed for asthma for immediate use at the student's discretion, provided the student's parent/guardian has completed and signed a "School Medication Authorization Form." The School District shall incur no liability, except for willful and wanton conduct, as a result of any injury arising from a student's self-administration of medication or epinephrine auto-injector or the storage of any medication by school personnel. A student's parent/guardian must indemnify and hold harmless the School District and its employees and agents, against any claims, except a claim based on willful and wanton conduct, arising out of a student's self-administration of an epinephrine auto-injector and/or medication, or the storage of any medication by school personnel.

Nothing in this policy shall prohibit any school employee from providing emergency assistance to students, including administering medication.

The Building Principal shall include this policy in the Student Handbook and shall provide a copy to the parents/guardians of students.

#### **Vision and Hearing Screenings**

Vision screenings are conducted by certified screening personnel each fall for every student in grades kindergarten, second, and eighth as well as for all special education and new students as mandated by the Illinois Department of Public Health. Students with glasses will not be screened, but their glasses will be checked. If a child is not in these categories, please contact the appropriate school nurse to have him/her screened.

Hearing screenings are conducted by certified screening personnel each fall for every student in grades kindergarten, first, second, and third as well as for all special education and new students as mandated by the Illinois Department of Public Health. If a child is not in these categories, please contact the appropriate school nurse to have him/her screened.

#### **Restrictions from Any Physical Activities and/or Recess**

Any student who is to be excused from physical education class and/or recess must have a note from his/her physician stating the reason for the exclusion. A statement from the child's physician explaining any physical restrictions must be kept on file in the health office for every student requiring special consideration.

#### **Child Abuse**

According to the *Abused and Neglected Child Reporting Act*, 325 5/1, all school personnel, including, but not limited to, teachers, social workers, nurses, psychologists, and administrators who have reasonable cause to suspect that a student may be an abused or neglected child shall immediately report such a

case to the Illinois Department of Children and Family Services. In such a situation, the staff member shall notify the Administration that a report has been made.

**AED (Automated External Defibrillator)**

Each school is equipped with an Automated External Defibrillator for emergency purposes. An AED in conjunction with cardiopulmonary resuscitation (CPR) is used for anyone who is suffering from sudden cardiac arrest.

Administrators, School Nurses, Health Clerks, and Physical Education Teachers have been trained in CPR and in the use of the AED. If the defibrillator must be used, 911 will be called immediately.