

American Fork High School Health Services

TO: Parent and guardians of students attending AFHS.

Our goal is to ensure that your student enjoys a healthful, safe school year. Please read the following information carefully and if you have any questions, please contact the main office.

Student Health Concern:

Please advise the main office and the nurse of any special health concerns. This includes allergies to food i.e. nuts, eggs, dairy and seafood.

PE Restrictions: Immediately notify the PE teacher if your child has any PE restrictions by email.

Emergency Health Form: Please provide current contact information. This should include: home, work, cell and alternate telephone numbers for the **Emergency Care Information Form**.

Medication Use at School:

When medications must be administered during the school day, please follow the guidelines established according to ASD policy.

- Please complete the Medication Authorization form. **This pertains to prescription and over the counter medication.** Your attending physician **must** sign the authorization for over the counter medication.
- Provide the school with properly labeled containers (your pharmacist will usually provide an extra container upon request).
- Medications must be transported to and from school by a parent or guardian.

Nurses Clinic: Generally a student may remain in the clinic for 15 minutes. After that, if he or she is still feeling ill, parents will be contacted to take the student home.

Please keep sick students at home. It is difficult for students to concentrate or do school work when they are not feeling well.

The following are conditions of special concern to us for which students should be kept home.

1. **COLDS**
Symptoms: Watery discharge from nose and eyes, sneezing, chills and general body discomfort. If there is fever or yellow or green drainage from eyes or nose, it is particularly important to keep the student home.
2. **DIARRHEAL DISEASES**
Symptoms: An increased number of stools compared with the student's normal pattern with increased water and/or decreased form. Symptoms may be accompanied by nausea, vomiting, abdominal cramping, headache and/or fever. If fever, please keep student home for at least 12 hours. **24 hours after fever for H1N1 Flu.**
3. **IMPETIGO**
Symptoms: Blister-like lesions on the skin, which later ooze and develop into crusted sores. They appear in an irregular pattern. The sores may spread into a red, oozy rash that gets a clear or honey-colored crust. Itching is common. Symptoms **MUST** be treated with antibiotic for at least 24 hours before your student returns to school.
4. **PINK—EYE OR CONJUNCTIVITIS**
Symptoms: Redness of eye (s), watery, white or yellow discharge from the eye, matted eyelashes, burning of itching eye (s). Symptoms **MUST** be treated with antibiotic for at least 24 hours before student returns to school.

5. ANY OPEN WOUND OR SORE
6. PERSISTENT COUGH
7. NAUSEA OR VOMITING
8. STREP THROAT or any BACTERIAL INFECTION not on antibiotic of at least 24 hours.
9. FEVER of 100 degrees Fahrenheit or greater.
10. Presence of any SKIN RASHES that might be due to a viral or bacterial infection.
(ie. measles, strep, staph, fungus, chicken pox.)
11. FOUL SMELLING URINE OR BLOOD IN URINE.
12. EARACHE OR EAR DRAINAGE (Untreated)
13. HEAD LICE (Untreated)
14. Student showing any other signs that you recognize as the beginning of an illness.

To help prevent the spread of illness, we will request that you pick up your student when he or she shows these symptoms at school. We would also request that you call the school when your student will be absent from school.

It would be greatly appreciated if students with these problems could bring a doctor's note when they return to school.

Thank you for helping us care for and teach your students by providing for their medical needs.

Carolyn Merrill
School Principal

Laurel Apgood RN
American Fork High School Nurse