

# STUDENT HEALTH SERVICES

To support student health, safety, and academic success, our district provides school health services in partnership with the Multnomah Education Service District (MESD).

To plan and provide for your child's medical or mental health needs (for example diabetes, seizures, or school anxiety) it is **important to promptly inform** school staff and the school nurse:

- About new and changing health problems that can cause learning or safety problems at school.
- If your child is undergoing treatments that affect their immune system.
- When your child has or develops a health condition that requires specialized care at school.

## BEFORE AND AFTER SCHOOL PROGRAMS

If your child is enrolled in a "before or after school program" and needs medication assistance during these times, a separate supply of medication and a separate permission form from parent/guardian and/or healthcare provider is needed. See district policy for medication administration. Consult with the program director regarding specific health and safety needs for your child in these programs.

## CONTAGIOUS CONDITIONS (COMMUNICABLE DISEASE)

To decrease the spread of contagious conditions in schools, students and school staff who are diagnosed with a school-restrictable disease must be excluded from attendance. Susceptible students and school staff may also be excluded following exposure to selected diseases, per instructions to the school administrator from the Multnomah County Health Department (MCHD) or per Oregon Health Authority (OHA) state-wide notices. In addition:

- Do not send your child to school if they have symptoms of illness. Students will be sent home if they are experiencing symptoms of illness such as but not limited to: rash, cough, fever, diarrhea, or vomiting. Students must be kept home until they have gone at least **24 hours** without persistent cough or fever over 100.4F, or at least **48 hours** without diarrhea or vomiting. Students with undiagnosed rash should not return until the rash is gone, or they have written clearance to return from a licensed medical provider.
- Inform the school office staff and the school nurse if your child has a contagious disease such as COVID-19, chicken pox or pertussis (whooping cough); provide a note with the diagnosis from your provider if available. Students or staff diagnosed with pertussis must be excluded from school until completion of their five-day course of prescribed antibiotics, or until cleared for return by MCHD.
- To protect the health of students or other persons, certain diseases are reportable to the health department per Oregon law (OAR 333-18-0000). At such times, records and information may be disclosed to public health officials.

## EMERGENCY CONTACT INFORMATION

The school must have a way to reach you in an emergency. Tell the school immediately about changes in work and home addresses and phone numbers for both you and emergency contact persons. It is helpful if phones are set up with a mailbox for non-emergency messages.

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## HEAD LICE

The most effective prevention against the spread of head lice is for parents to check their children regularly for lice and nits (eggs). Students with nits only may remain at school. Students with live lice may be allowed to remain for the rest of the day, or be excluded from school if their symptoms prevent them from focusing and participating in class. Lice treatment information will be sent home with those who have either nits or lice. Please review your school district policy for clarification. All students may return to school after treatment has begun. Current evidence and national recommendations do not support classroom or school-wide screenings as a measure for decreasing the incidence of head lice among school age children; such practices can deny students their right to privacy and to educational time.

## HEALTH INFORMATION

- Health information may be shared with school personnel on a “need to know” basis when information about your child’s health is necessary for school personnel to care for and respond to your child’s needs. Additionally, this information may be needed by the school team to develop plans that appropriately consider the health needs of your child.
- If you do not authorize release of health information, it may limit the type of care your child is able to receive.

## HEALTH SCREENINGS

Parents are required to submit two certifications within 120 days of enrollment when their student is 7 years of age or younger and beginning in a public school. These certifications are from your healthcare providers and state that the student has had a vision screening and a dental screening within the previous 12 months. Additionally, Oregon law states that vision and hearing screenings shall be done to help remove these potential barriers to a child’s education.

The nurse oversees these screenings. The usual screening schedule is:

**Hearing:** Grades Kindergarten and 1 **Vision:**  
Grades Kindergarten, 1 and 3.

In addition to the vision screening, screenings for color deficiency and vision alignment concerns are available. Contact your school nurse for these screenings.

***If you do not want your child included in these screenings, you must submit a written request to the school each school year. Screening results for hearing and vision are all sent home to parents.***

## IMMUNIZATIONS AND OREGON LAW

- To protect all children, every student must have a current school immunization record or a medical or non-medical exemption on file at school. Students not in compliance with immunization requirements will be excluded on the state mandated exclusion day (3<sup>rd</sup> Wednesday in February).
- It is important to keep your child’s school immunization record up-to-date. Check with your school’s office if you need forms.
- Upon written request from parents/guardians for release of information, the MESD Immunization Program will provide vaccination dates to clinics as needed to verify immunization histories of their clients. These efforts increase protection of children against vaccine-preventable diseases and promote efforts by parents and schools to comply with state mandated immunization requirements.

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## SCHOOL NURSES

The school nurse is a registered nurse (RN) who specializes in keeping students safe and well. No appointments or special permission are needed for students to see the nurse. Students must follow the school's rules about having passes to go to the nurse. The hours of the school's nurse may vary. If the nurse is not available, school staff trained in first aid can help children who become sick or injured at school.

The nurse will need information (for example, a health history, medical diagnosis, and treatment procedures) to assist students with special medical and mental health needs at school. The nurse may use this information to create a health care plan and train school staff how to help your child at school. In order to obtain this information, the nurse may:

- Talk with the student or parents/guardian.

- Request that you sign a release of information form to discuss your child's health needs with school staff and health care professionals.
- Look at current or past health records.
- Assess a body area (examples: listen to the heart, feel the skin, look in the ears).

The nurse may teach about good health practices (examples: healthy eating, good hand washing, and social skills). You may call the school if you would like to meet with the nurse.

## SCHOOL HEALTH ASSISTANTS

In addition to the school nurse, some schools have a School Health Assistant (SHA) on site to assist students. The MESD SHA is not a nurse, but works under the direction of the registered nurse. SHAs provide basic first aid, administer medication, process immunization records, assist with health screenings, and perform nursing care as delegated by the nurse. The SHA cannot assess or recommend care beyond the protocols in the first aid manual.

## MEDICATION ADMINISTRATION AT SCHOOL

The school's nurse provides consultation about medication administration that must occur at school. **Only medication that is necessary to be given during the school day will be kept at school.** Discuss with your healthcare provider about the time(s) of day that the medicine is needed. If possible, try to arrange to administer at home; this is safer for your child. By Oregon law, if medication must be given at school, you must:

- Provide written permission (forms are available at school). Any change to the medication dose or schedule will require the parent to update the medication form and provide a current prescription from the prescriber.
- Make sure all medication (prescription and over the counter) is in its original container and marked with the student's name. (Ask the pharmacist for an extra bottle for school when getting prescriptions.)
- **All medication must be delivered to school by the parent or responsible adult designated by the parent.** Students may not keep medications with them unless they have been identified as a self-manager, have written parent permission, written prescriber permission for prescription medications, and are cleared by the principal to do so. Make sure the school has an adequate supply of all medications required by your child.
- Pick up the medication when it is no longer needed at school. **All medication not picked up at the end of the school year will be destroyed.**