

## Statements or Observations


Supportive action may assist students with the following complaints:

<b>Statements or Observations of:</b>	<b>Look for Additional Signs of:</b>	<b>Action</b>
<b>A Cold</b>	* Notify parent and exclude per district guidelines for possible communicable condition.  * Unable to control nasal drainage	<b>☎</b> = call for help (EMS /9-1-1, school nurse, first aid-trained staff)  May offer rest for up to 1 class period; otherwise return to class.  Suggest increased fluid intake, especially water and juice.  Refer students with repeated colds to the school nurse or notify parents (encouraging medical contact).
<b>Coughing</b>	* Continuous, barky, causes vomiting  * Productive of colored mucous  * Difficulty breathing	May offer sips of water to suppress cough and rest up to 1 class period.  Recommend medical contact for difficulty breathing.
<b>Diarrhea</b>	* Severe stomach pain  * Temperature > 100°F  * >1 event current school day	Wear gloves and other pertinent protective equipment when assisting student.  Double bag any soiled clothing removed from student to be sent home.  <b>Do not</b> offer food or fluids. If thirsty, offer ice chips or few sips of clear fluids with sugar (e.g., regular, not diet, 7-Up®).  Allow student to rest while waiting for parent.

**Statements or Observations are continued on the next page**

**Always follow school district policy when providing first aid or emergency care.**

## Statements or Observations *(continued)*

<b>Statements or Observations of:</b>	<b>Look for Additional Signs of:</b> * notify parent and exclude per district guidelines for possible communicable condition	<b>Action</b>  = call for help (EMS /9-1-1, school nurse, first aid-trained staff)
<b>Earache/ Foreign Object in Ear</b>	* Blood, pus running from ear * Foul-smelling drainage Pain, sensation of fullness/plugged Pulling/tugging at earlobe Unable to hear Reports putting something in ear	May offer warm compress for comfort (unless suspect foreign object in ear). Suggest student gently tilt head toward affected side for concerns of foreign object. Notify the school nurse or parent (encouraging medical contact).
<b>Eye Drainage</b>	* Pus * Light sensitivity Eye pain, irritation Reddened whites of eyes	Call the school nurse and parent. (If a nurse is unavailable, share need for medical attention). If student is light sensitive, may seat student in dimly lit area while awaiting parent. Encourage student to keep hands away from eyes and wash hands frequently.

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## Statements or Observations *(continued)*

<b>Statements or Observations of:</b>	<b>Look for Additional Signs of:</b> * notify parent and exclude per district guidelines for possible communicable condition	<b>Action</b> ☎ = call for help (EMS /9-1-1, school nurse, first aid-trained staff)
<b>Headache</b>	☎ Accompanied by seizure, unsteady gait, slurred speech; reports recent head injury  Reports double/blurred vision, stiff neck	☎ Call for help (EMS/9-1-1, school nurse, first aid-trained staff).  When any of these signs is present or when student frequently complains of a headache, call the school nurse and parent. (If a nurse is unavailable, share need for immediate medical attention.  When no other signs are present (e.g., temperature, vomiting), allow student to rest up to 1 class period. A cool, wet compress for the forehead may be offered. If student has not eaten in past several hours, a snack (as available) may be offered.

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## Statements or Observations *(continued)*

<b>Statements or Observations of:</b>	<b>Look for Additional Signs of:</b> * notify parent and exclude per district guidelines for possible communicable condition	<b>Action</b>  = call for help (EMS /9-1-1, school nurse, first aid-trained staff)
<b>Menstrual Cramps</b>	Complaints of low back, abdominal pelvic pain  Reports heavy menstrual flow	<p>For reported mild discomfort, encourage normal activities.</p> <p>For moderate pain, student may rest for up to 1 class period and may use over lower abdomen warm (not hot) water bottle or warm compress (made with wet, warm paper towels inside a plastic bag and wrapped in a towel). Sipping warm fluids may help.</p> <p>Assist student (if you are medication trained) with prescribed medication for menstrual pain.</p> <p>For severe pain or unusually heavy menstrual flow call the school nurse and parent. (If a nurse is unavailable, share need for immediate medical attention.</p> <p>Refer to the school nurse or notify parents (encouraging medical attention) of students with repeated menstrual discomfort at school.</p>

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## Statements or Observations *(continued)*

<b>Statements or Observations of:</b>	<b>Look for Additional Signs of:</b> * notify parent and exclude per district guidelines for possible communicable condition	<b>Action</b>  = call for help (EMS /9-1-1, school nurse, first aid-trained staff)
<b>Rash</b>	<p>Reports of itching, burning, pain, exposure to someone with similar rash, contact with poisonous plant or chemical, on medication, recent sore throat.</p> <p>Drainage present</p>	<p>Wear gloves if in contact with the rash.</p> <p>If hives or rash suddenly appears and is spreading quickly, refer to “Allergic Reaction” (p. 11).</p> <p>Follow district policy for school-restrictable symptoms and diseases.</p> <p>A cool, wet compress may be offered as a comfort measure (unless rash is open/draining fluids).</p> <p>Refer to the school nurse or notify parents (encouraging medical contact). A medical provider must immediately see rashes that are bluish/purple in color.</p>
<b>Sore Throat</b>	<p>Reports rash, inability to drink/eat/hurts to swallow</p>	<p>May offer sips of warm fluids as a comfort measure.</p> <p>If associated with a rash/peeling skin, call the school nurse and parent. (If a nurse is unavailable, share need for prompt medical attention.</p>

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## Statements or Observations *(continued)*

<b>Statements or Observations of:</b>	<b>Look for Additional Signs of:</b> * notify parent and exclude per district guidelines for possible communicable condition	<b>Action</b>  = call for help (EMS /9-1-1, school nurse, first aid-trained staff)
<b>Stomach Ache</b>	Bent over, legs drawn up, hurts to walk, holding stomach  History of blow to stomach	When any sign in column 2 is present, call the school nurse and parent. (If a nurse is unavailable, share the need for prompt medical attention).  When no other signs are present (e.g., temperature, nausea), may offer the student a rest time. If the student has not eaten recently, you may offer a snack as available.
<b>Toothache</b>	Cavities, reddened gum, blister/pus about tooth observable	When any sign in column 2 is present, call the school nurse and parent. (If a nurse is unavailable, share need for dental/medical attention).  A cool, wet compress to the student's cheek may provide comfort.  Remind the student to keep hands out of the mouth.
<b>Vomiting</b>	Reports recent head injury, vomiting for more than 1 day	Wear gloves and other pertinent protective equipment when working with student.  <b>Do not</b> offer food or fluids. If thirsty, offer ice chips or few sips of clear fluids with sugar (e.g. 7-Up®, not diet soda).  Allow student to rest while waiting for parent. A cool, moist cloth to face/forehead may provide comfort.  When any sign in column 2 is present, call the school nurse and parent. (If a nurse is unavailable, share need for immediate medical attention).  Double bag any soiled clothing removed from student to be sent home.