

Health Information

When to keep your child home from school

- Temperature of 100F or higher
- Vomiting
- Diarrhea
- Contagious illnesses
- Continuous coughing
- Green or yellow drainage from nose
- Red, irritated eyes with drainage or crusting on eyelashes
- Unexplained rashes
- Skin lesions that are open and weeping

Immunization Requirements

All students going into 7th grade will require the **Tdap Vaccine** and the first **Meningococcal (MCV4) serogroup A,C,W and Y Vaccine**. Documentation that is acceptable showing that your student has received these vaccines is a copy of the child's Immunization Record or a Certificate of Immunization Letter that has the name of student, date of birth, name of vaccine/s and date of when it was given signed by the doctor. (The MCV4 Vaccine is a series of 2 shots: first vaccine is required before 7th grade and second vaccine is required before 12th grade.)

Please turn into the school clinic nurse before the start of the school year in August

Medication Administration at School

A **Rocky River City School District** Medication Management Form must be completed with signature & date- by both parent/guardian **and** prescriber.

This is for both over-the-counter (OTC – e.g. Tylenol, Advil, Benadryl) and prescription medications. OTC medications need to be in an original, unopened container. **Please check exp. date** before handing in to the school clinic. Prescription medications need to be in original container with student's name on it and current.

STUDENTS ARE NOT PERMITTED TO CARRY MEDICATIONS WITH THEM

With the exception of EPI PEN, AUVI-Q, INHALER and DIABETIC SUPPLIES & MEDICATION as prescribed by their health care provider.

Allergies

If your child suffers from **life threatening food or bee sting allergies**, please turn in all medication management forms (parent/guardian signature and healthcare provider signature), medications and Food Allergy & Anaphylaxis Emergency Care Plan to the school nurse **BEFORE THE 1ST DAY OF SCHOOL**. If the nurse is not available, please hand in to main office secretaries. Thank you.

Screenings

All new students will have hearing and vision screening. All 7th grade students will have vision screening starting in Nov. each year.

Is it a Cold or the Flu?

<https://www.cdc.gov/flu/symptoms/coldflu.htm>

The best defense WASH YOUR HANDS

<https://www.cdc.gov/handwashing/pdf/handwashing-poster.pdf>

Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.