

From the Health Office **Tips for a Happy School Year!**

Dear Parents/Guardians:

Our goal is to provide a warm, caring and safe environment in which your children can come when they are not feeling well. We will treat and care for your child as we would our own.

Please feel free to contact us to discuss any questions or concerns regarding your child's health. If your child has any special health needs, is taking any medications or wears glasses, please call the health office as soon as possible. This is important, so we may implement an individual plan of care for your child. **If your child has any type of allergies, it is very important that you inform the school nurse and the teacher immediately. In any case, please bring in documentation from your child's physician noting your child's special needs.** Please, also alert the school anytime there is a change in home, work or cellular phone number. It is very important that we have updated phone numbers so that we may contact you immediately when your child comes to the health office.

We may be reached between 8:30am-3:40pm (631) 842-3320, ext. 231 and 236.

Required Immunizations for Registration in New York State:

The New York State Public Health Laws and Regulations require the following immunizations for school attendance. The dates of immunization must be documented by a licensed physician. Children are not permitted under the New York State Public Health Law to enter school until proof of these immunizations is provided.

Polio- 4 doses (3 doses if 3rd dose received after age 4)

Diphtheria Toxoid (DT or DPT) -5 doses (4 doses if 4th received after age 4)

2 doses each of Mumps, Measles and Rubella (MMR)

Hepatitis B series -3 doses

Varicella - 2 doses

School Physicals:

New York State Education Law requires that students in **kindergarten, first, third and fifth grades, new entrants and any student who receives special education services have documentation of a physical from a licensed physician.** A school physician will complete a medical examination on all students not seen by their private physician.

Medications:

Any medication that is necessary for your child to take during the school day (including over the counter medications, i.e. Tylenol, cough suppressants, allergy medications) must be accompanied by a doctor's written instructions, a prescription and written parental permission. Forms for this purpose are available in the health office. Medications must be delivered to the nurse by parent/guardian or adult, **children may not transport medications.**

When to Keep Your Child Home:

- When vomiting and/or diarrhea has occurred within the last 24 hours.
- For a temperature of 100 degrees or higher within the last 24 hours.
- When strep throat is suspected, but results of the throat culture have not been received.
- When there are signs of persistent cough, runny nose with body aches.
- When there is any type of skin rash that has not been diagnosed by your physician.
- When one or both eyes are red, itchy and have crusted matter in them in the morning.
- When there is a severe toothache or earache.
- When ringworm has not been diagnosed or treated by your physician.
- When head lice that has not been treated.
- When your child has been exposed to a virus.

When May Your Child Return to School:

- Doctor's clearance may be required.
- Your child should look and behave like him/herself for 24-48 hours before returning to school. This will protect your child from exposure to more infection before he or she is able to build resistance and protect the other children and school staff from a communicable disease that your child can pass to others.
- Students may return to school 24 hours after antibiotic treatment has begun for strep throat or conjunctivitis (pink eye) and he or she does not have a fever. A return to school note is required.
- If your child has an overnight hospital stay, surgery, fracture, stitches or glue it is necessary to have a note from the physician or ER to return to school. The note should state any restrictions for gym/recess.

Reporting Illness:

Any illness should be reported to the school nurse, even if it occurred over a weekend or school holiday. (It is important to track contagious illness to prevent spread to other children and staff, and provide educational information regarding signs, symptoms and needed precautions to the community.) Please try to remember that hand washing is the most effective means of preventing the spread of contagious diseases.

Here are examples of what should be reported:

- Head Lice
- Strep Throat, Scarlet Fever or Scarletina
- Fifth's Disease
- Chicken Pox
- Mumps or Measles
- Ring Worm
- Conjunctivitis (Pink eye)
- Exposure to a virus

Change of Clothing-

Children in kindergarten and first grade may experience unexpected bathroom accidents, therefore we strongly suggest keeping an extra set of clothing (i.e. underwear, socks and pants) in their school bag so that your child may quickly change their clothing and return to class without too much of a disruption to your day and or theirs.

Sincerely,
Joan Lessing, RN
Karen Peshkur, LPN