

Important Information from your School Nurses



The following are some health office guidelines we would like you to be aware of. After reading them, please contact your school nurse with any health concerns/questions you may have regarding your child.

Children who enter a New Jersey school for the first time or enter a New Jersey school from another state must have a physical examination at a doctor's office or at a clinic before entering school. The doctor will fill out a medical form which must include the immunization record.

Each school has medical and emergency forms you need to complete. It is very important you fill out these forms and return them promptly.

Your child will also receive screenings for vision (eye), hearing (ear), and annual height, weight and blood pressure during the school year. The school nurse will perform these screenings. Scoliosis screenings begin at age 10.

Please note the following immunizations and appropriate date/years. These vaccinations **MUST** be administered prior to your child's entrance to school. If you have any questions, please contact your physician or your child's school nurse.

- **DTP (Diphtheria, Tetanus Toxoids and Pertussis)**: Every child less than 7 years shall have received a minimum of 4 doses of DTP or vaccine combination. One dose given on or after child's fourth birthday.
- **OPV or IPV (Poliovirus)**: Every child less than 7 years of age shall have received at least three doses of polio virus vaccine. One dose given on or after child's fourth birthday.
- **MMR (Measles, Mumps and Rubella)**: Every child born on or after January 1, 1990 should have received two doses of MMR vaccine prior to school entrance for the first time in Kindergarten/Grade 1.
- **HEP B (Hepatitis B)**: Every child born on or after January 1, 1996 should have received three doses of Hep B vaccine prior to school entrance for the first time in Kindergarten/Grade 1.
- **Varicella**: Every child born on or after January 1, 1998 should have one dose of Varicella vaccine prior to Kindergarten/Grade 1 or a physician's statement of previous Varicella disease.
- **TDAP (Tetanus-Diphtheria-Pertussis)**: Every child entering Grade 6 on or after 9-1-08 and born on or after 1-1-97.
- **Meningococcal**: Every child entering Grade 6 on or after 9-1-08 and born on or after 1-1-97.

Students who transfer into a New Jersey school for sixth grade or higher also must meet these requirements.

What should I do if my child is sick?

Regular school attendance is necessary for optimal learning. However, there are times your child may not feel well enough to come to school. On those days, you must notify the school first thing in the morning. A parent note is also required on the day your child returns to school. If your child is absent 3 days or more, **a doctor's note is required to return to school.**

Do not send your child to school if:

- The child has a fever of 100 degrees or higher
- The child threw up the night before and/or in the morning before school and/or has diarrhea
- The child is coughing constantly
- The child has a skin rash or sores
- The child has conjunctivitis (draining eyes)
- The child has a sore throat, fever and/or trouble swallowing

When can my child return to school?

Fever: Your child may return to school after being fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).

Diarrhea/Vomiting: A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom-free for 24 hours.

Conjunctivitis: Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication. A doctor's clearance must be provided.

Rashes: Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash may return to school only after a health care provider has made a diagnosis and has authorized the child's return to school.

What if my child must take medication in school?

- Every effort should be made to have any medications given at home. If this is not possible, remember that ALL medications (prescription AND over-the-counter) require written authorization from a doctor. This is NJ state law. A medication form can be obtained from your school nurse.
- Medication **MUST BE BROUGHT** to the nurse **BY THE PARENT/GUARDIAN** in the original labeled container.
- Students are not permitted to carry medication to/from school.
- Students who require Epinephrine for anaphylaxis or inhalers/nebulizer for asthma will need specific medication forms. Forms are available from your school nurse.

Emergency Contact Information:

When filling out any emergency card or form, please include home, cell and work numbers as well as two local emergency contacts in the event your child is sick or injured. It is very important that the school is notified immediately if emergency contact numbers change.

Always feel free to call your school nurse at any time. Open communication is very important to us. Contact information for the school nurse, teachers and front office staff is provided in your first day informational/form packet.