



## **Important Health Notice**

**PICK-UP POLICY:** Please be aware that if children need to be excluded from care during the school day TJB will call the parents first and expect them to come within one hour of time (or make alternate arrangements due to traffic/location, etc.) If parents can not pick-up then alternate authorized emergency and pick-up contacts will be notified.

**COLDS:** There are many viruses that cause the common cold. The period of infectiousness from various cold viruses generally ranges from one to three days. If your child has a cold, the safest course of action is not to send him/her to school for at least 24 hours after the initial onset of cold symptoms.

**STREP THROAT:** Once a child has completed a 24-hour period of antibiotic treatment for “strep throat,” he/she is not considered to be infectious. Children and young adults with severe infections, however, may not be able to participate in school activities for up to 48 hours. Please take into consideration your child’s level of comfort and energy before sending him/her to school.

**BACTERIAL CONJUNCTIVITIS (PINK EYE):** If your child has bacterial conjunctivitis and is under antibiotic treatment, he/she may attend school. There is, however, a conjunctivitis associated with viral infections that is highly infectious for a longer period. Allergic conjunctivitis is not contagious and children may be treated and may attend school. Only a doctor can determine the type of conjunctivitis your child is experiencing. If your child is sent to the Health Office with very red eyes and ocular discharge, we will call you and ask that you pick him/her up, as we are unable to determine whether or not there is an infection present.

**FEVER:** Following an infection associated with fever (even a low grade one), a child should remain at home for at least 24 hours. Once the child has been fever free without medication (Tylenol, Advil) for 24 hours, he/she may return to school. Fevers tend to occur or increase in the later part of the day. It is recommended that you not give your child aspirin for a fever if you suspect a viral infection, as it can lead to a serious complication called Reye’s Syndrome.

**VOMITING AND DIARRHEA:** If your child is vomiting or has diarrhea at night or in the morning before school, he/she should stay home. Children who have suffered these symptoms at night may be very weak or dehydrated and may be contagious. Please keep your child home for 24 hours after they are free of symptoms.

**RASHES:** Children with a rash of undetermined origin shall be excluded until the rash is gone or until released by a physician as non-contagious.

**SURGERY:** Children who have undergone a medical procedure requiring general anesthesia should stay home for at least 24 hours after anesthesia.

**HEAD LICE:** Please inspect your child’s hair thoroughly on a regular basis. Head lice and nits (the eggs) usually concentrate at the nape of the neck, around the ears, and at the crown of the head. They are small, oval, and gray-white or brown

in appearance. Unlike dandruff, they are not easily removed from the shaft of the hair. If your child has nits or lice, do not send him/her to school. Consult your health provider for treatment, or ask your local pharmacist for a recommended lice shampoo. Wash all brushes, combs, clothing and bed linens in hot water and vacuum the carpets and furniture. Please notify the school if your child has lice. The Journey Begins has a no nit policy and your child may not attend school unless and until he/she is free of nits and live lice. Therefore, when returning to school after having head lice, school personnel must check your child's hair before he/she will be re-admitted to class. Anytime there are two or more students with lice in a classroom, the entire class will be checked.

**CRUTCHES AND ASSISTIVE DEVICES:** If your child is injured and is wearing a cast or needs to use crutches or a wheelchair temporarily at school, please bring a signed note from the physician allowing the use of this assistive equipment. Please notify the director(s) immediately to make all necessary accommodations.

## **CHILDREN REQUIRING MEDICATION DURING SCHOOL HOURS:**

It is sometimes necessary for your child to take medication during school hours. California Education Code Sections 49423 and 49480 allow designated school personnel to assist your child with his/her medication as follows:

1. A Medication Consent Form signed by the ordering physician and parent must be on file for any medication given at school, including over the counter medications. School personnel may not dispense any medication that has been sent to school by the parent without this proper documentation. The school will honor verification written by the Physician on any form he/she chooses to use, although a school Medication Consent Form is preferred
  2. Medication is generally kept in the Office.
  3. ALL medication must be brought in a properly labeled original prescription bottle. No medication will be dispensed that has been sent in plastic bags, envelopes, etc.
  4. A phone or fax verification from the physician may be accepted for short term (five days or less) episodic medication, such as antibiotics.
  5. The dosage, time and amount of medication to be given must be included on the prescription label and/or on the Medication Consent Form.
  6. We need a new Medication Consent Form yearly, signed by the parent and the physician. Please pick up all medications from school at the end of the school year and bring them back with a new form in the fall. Medication left at school after the last day will be discarded.
- Please be aware that if your child is sent home for any reason due to illness or exclusion you will receive an illness report that needs to be signed and will indicate the return to school date.

Thank you for your cooperation.