

## **Health Services**

PUSD has a full-time Registered Nurse on each of their campuses Monday through Friday during the school day to assist your child with illness, injuries, medication administration, immunization compliance, and state mandated hearing/vision screenings. If health problems are suspected or uncovered during health screenings, parents/guardians will be notified and the child will be referred for diagnosis/treatment. Our health program is concerned with helping your child become physically, mentally, emotionally, and socially integrated.

## **Immunization Requirements for Grades K-12**

To protect all children against serious vaccine-preventable diseases, Arizona school immunization laws require students to receive immunizations before entry to school. Students enrolled in online programs who physically attend an Arizona school or facility for the purpose of attending an online class, are in a room with other online students for classes, or are participating in classes or activities such as band or physical education, are required to have immunization records on file with the program and/or the physical school. Exemptions provide an option for the parents of children who have a medical condition that contraindicates immunization, or a personal or religious belief that opposes immunization. Exemptions should not be used for the purpose of convenience. The laws and rules governing school immunization requirements are Arizona Revised Statutes §15-871- 874; and Arizona Administrative Code, R9-6-701–708. In the event the state or county health department declares an outbreak of a vaccine-preventable disease for which the parent/guardian cannot provide proof of immunity for the student, he or she may not be allowed to attend school until the risk period ends, which may be 3 weeks or longer.

**\*\*\*\*Homeless Students/Students in Transition:** “Children and youth have the right to enroll in school immediately, even if they do not have required documents, such as school records, medical records, proof of residency, or other documents.” “The school nurse will assist families in obtaining records from the previous school. If a student has not had immunizations, arrangements should be made with the appropriate medical professional for initial doses to be administered as soon as possible, unless the student has a philosophical, religious, or medical exemption. The McKinney-Vento statute places no deadline or period of time to get the immunization record in place.”

\*\*\*Children in foster care are allowed a 5-day grace period to submit proof of immunization records.

For information on Grades K-12 AZ Immunization Requirements, please go to:

<https://azdhs.gov/documents/preparedness/epidemiology-disease-control/immunization/school-childcare/school-immunization-requirements.pdf>

## **Illness/Injury Protocol**

Students are able to request to see the nurse at any time throughout the school day. Although our nurse is a valuable resource to students at school, parents are encouraged to call their

healthcare provider if they have a general health question or suspect their child is ill. The Health Center (Nurse's Office) is not a substitute for a student's health care provider.

If your child becomes ill or injured during the school day, s/he must see the nurse to be assessed. The nurse will then determine if the parent/guardian should pick up the child. Students are prohibited from contacting parents using personal devices without permission from a teacher, then nurse, or administration. It is very important that you turn in your child's Emergency Medical Consent form at the beginning of each school year, and alert school staff of any changes throughout the year.

**Physical Education Excuses:** Parents may excuse students from P.E., in writing, for up to three (3) days. If a student is to be out of P.E. longer than that, the excuse must be from a doctor, outlining the dates to be excused and a diagnosis. All notes must be submitted to the School Nurse.

**\*\*\*IN CASE OF EMERGENCY:** Every attempt will be made to contact a parent/guardian first. If the school is unable to reach anyone listed on the student's emergency contact list, and it is deemed necessary, the school will call 911. If needed, the student will be transported by ambulance to the hospital. The school will not be responsible for this cost.

### **Chronic Medical Conditions**

Chronic medical conditions include, but are not limited to:

- Diabetes
- Epilepsy
- Anaphylaxis
- Asthma

Parents must provide medical emergency plans signed by a licensed health professional as specified by A.R.S. 15 344.01. Obtain the emergency plan from a school nurse if the health provider's office does not have a plan available.

### **Welfare Checks**

If your child is suspected of being under the influence of drugs or alcohol, they will be referred to administration to be assessed. An administrator, School Resource Officer, and/or nurse may be present for the assessment.

### **General Guidelines for Keeping Your Student at Home from School Due to Illness**

**Chicken Pox:** The rash can appear all over the body and develops into itchy, fluid-filled blisters that usually scab over within a week. Incubation period is 10–21 days, contagious period is 2 days before rash appears until all lesions have dried and crusted. Isolate the individual and exclude from school until all lesions are dry and crusted.

**Common Cold:** Irritated throat, watery discharge from the nose and eyes, sneezing, chills and general body discomfort. Your child should remain home if symptoms are serious enough to interfere with your child's ability to learn. Seek medical care if symptoms persist beyond 7-10 days, fever develops, or nasal discharge becomes yellow to green.

**COVID:** Viral respiratory illness. Signs and symptoms of COVID-19 may vary, but notably include: fever/chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste/smell, sore throat, congestion/runny nose, nausea/vomiting, diarrhea. Your child should remain home until symptoms have subsided, cough should be intermittent and not disruptive, and must be fever-free for 24 hours without the use of fever-reducing medicine (e.g., ibuprofen, acetaminophen). Seek medical care if symptoms are unusually severe, such as trouble breathing, severe sore throat, or a cough that persists or produces a lot of green or yellow mucus.

**Fever:** Fever is a symptom indicating the presence of an illness. If the temperature is 100.4 F (38 C) or higher, keep your child at home until they are fever-free for 24 hours without the use of fever-reducing medicine (e.g., ibuprofen, acetaminophen).

**Head Lice:** Head lice and nits are found almost exclusively on the scalp, particularly around and behind the ears and near the neckline at the back of the head. Fully grown lice are about the size of a sesame seed and are tan to grayish-white in color. Refer the child for treatment at the end of the school day and AVOID situations with close head-to-head contact and sharing of clothing, linens, pillows, hats, helmets, and barrettes. Students with pediculosis shall be excluded from school until treated with a pediculicide. Instructions on how to properly treat head lice are available in the School Nurse's office.

**Impetigo:** Blister-like lesions that later develop into crusted pus-like sores, most commonly located around the nose and mouth. Your child should remain home from school until receiving 24 hours of antibiotic therapy and sores are no longer draining.

**Influenza (Flu):** Abrupt onset of fever, chills, headache and body aches. Runny nose, sore throat, and persistent cough are common. Your child should remain home if symptoms are serious enough to interfere with your child's ability to learn, and must be fever-free for 24 hours without the use of fever-reducing medicine (e.g., ibuprofen, acetaminophen). Seek medical care if symptoms are unusually severe, such as: trouble breathing, severe sore throat, or a cough that persists or produces a lot of green or yellow mucus. The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged 6 months and older.

**Pinkeye (Conjunctivitis):** A viral or bacterial infection of the eye causing redness and swelling of the membranes of the eye, burning or itching, watery or thick drainage, or crusting on the

eyelids. Exposure to allergens can also cause similar but noncontagious symptoms. Exclude from school until symptoms subside or treatment is started and maintained for 24 hours.

**Ringworm:** A fungal infection that causes a flat, red, ring-shaped rash which may itch or burn. Your child should remain at home until an anti-fungal treatment has been received for 48 hours.

**Skin Rashes:** Skin rashes of unknown origin should be evaluated by a physician before your child goes to school. Assuming that a rash is not contagious can lead to the spread of the condition to others.

**Strep Throat:** Red, sore throat, fever, listlessness, swollen glands, nausea, stomach pain, swollen tonsils, and headache. Your child should remain home from school at least 12 hours after the first dose of antibiotics and must be fever-free for 24 hours without the use of fever-reducing medicine (e.g., ibuprofen, acetaminophen). A physician's note with a return date is also accepted.

**Vomiting and Diarrhea (Intestinal Infection):** Stomach ache, cramping, nausea, vomiting, diarrhea, fever. Your child should remain at home until they are no longer vomiting, have diarrhea and/or have a fever for a full 24 hours after the last episode. If your child has had vomiting, diarrhea or fever during the night, please keep him/her home from school the following day.

**\*\*\*CONSULT YOUR HEALTHCARE PROVIDER FOR ACCURATE DIAGNOSIS**

It is important to follow through with physician care when your child is ill. Please notify your school nurse if your child is diagnosed with any contagious illness. Reporting is confidential and promotes the nurse's ability to provide accurate information to the Yavapai County Community Health Department of Communicable Disease. Schools, working together with local health departments, have an important role in slowing the spread of diseases and protecting vulnerable students and staff, to help ensure students have safe and healthy learning environments.

PUSD also works hand in hand with the Partners for Healthy Students Program. This is a free healthcare service that is available to uninsured and underinsured (high deductible) for school-aged students and their siblings from qualifying families in our school district. This program is provided through Yavapai Regional Medical Center and services include:

- Well-child and adolescent exams
- Diagnosis and treatment of acute and chronic illnesses
- Prescribes and monitor medications
- Sports physicals
- Referrals to medical specialists

- Administration of Immunizations under the Vaccines for Children Program (Qualifying children who have no insurance, AHCCCS/KidsCare, or are Native American/Native Alaskan.)

Healthcare visits are by appointment only and parent/guardian involvement is required. You may contact your school nurse at your child's school for more information, or you may call 928-771-5123 to schedule an appointment.

<https://www.yrmc.org/support-and-community/partners-for-healthy-students>

### **Hearing/Vision Screening**

Vision/hearing screening is mandated for students by the state of Arizona. School nurses are responsible for planning, implementation, and reporting of these screenings. Parents have the right to choose to not have their child participate in this screening, but must contact your school nurse and fill out an Opt-Out form.

Vision/hearing screenings have been mandated by the state of Arizona for the following population:

- Every child enrolled in special educational/exceptional services
- Every child enrolled in preschool, kindergarten, grades 1, 3, 5, 7 & 9
- Every child who referred on second screening of prior school year
- Every child who doesn't have documentation of hearing screening from prior school year
- Every child who repeats a grade
- Other grades and students as mandated by state law

### **Medications**

**All** medications are to be kept in the school nurse's office. Students are **not** permitted to carry prescribed or over-the-counter medications, homeopathic, naturopathic, or other medicinal substances on the school campus, on their person, in their backpacks/purses, or in their lockers.

Parents with children who have ongoing medical needs (diabetes, severe allergies, seizures, etc.) are encouraged to contact the nurse to explain the situation and develop a plan to ensure safety.

During the course of the school year, your child may need a prescription or an over-the-counter medication administered. To ensure that the child is receiving the correct dose, correct time of administration, and correct medication, a parent/guardian must follow the requirements listed below:

- Medication prescribed by a physician must come to the school nurse in its original container and be labeled by the pharmacy with the student's name, medication directions for use, doctor's name, and date of the prescription. If your child is to take prescription medication both at home and school, ask your pharmacist to provide you with two marked containers (one for use at home and one for use at school).

- All over-the-counter medication must come in its original unopened container. All over-the-counter medications must be FDA approved. Please note, if your child suffers from acute or chronic health issues, such as migraine headaches, you must provide the school with the medication for treatment.
- Parents/guardians must sign the Medication Consent Form, located in the back of the Medical Form, in order for the nurse to administer over the counter medications. This form is part of the back to school paperwork at the beginning of every school year.

**\*\*\*Stock Epi-Pens, Stock Albuterol Inhalers, and Narcan are available at all PUSD schools**

All PUSD schools in the district have a standing order from our medical director to carry stock Albuterol inhaler/spacers, Epi-Pen and Narcan for treatment of any student with sudden life threatening respiratory distress, anaphylaxis or possible opioid overdose.

If your student has been prescribed an inhaler for asthma and or Epi-Pen for severe allergies, we strongly encourage you to send their personal medication(s) for school use as needed. Stock Albuterol inhalers and Epi-pens are not intended to replace their own.

Our school nurses and staff are trained to administer these life-saving medications, and prior to giving these medications, we will make every effort to contact parent/guardian and call 911 as necessary. The protocols are written by the Arizona Department of Health Services in consultation with the AZ Department of Education Authorized by A.R.S 15-157 and A.R.S 15-158 and Arizona Administrative Code R7 2-809 and R7 2-810.

**\*\*\*Permission to Self-Carry Epi-Pens and/ or Rescue Inhaler**

- Students who have been diagnosed with anaphylaxis may carry Epi-Pens provided that the student's name is on the prescription label and that the parent/guardian completes a Permit for self-administration of Epi-Pens injection ARS 15-341.A.38 form. Appropriate forms are available from the school nurse.
- HB 2229 Asthma Rescue Medication Bill allows students to carry inhalers for self-administration on campus provided the student's name is on the prescription label and that the parent/guardian completes a Permit for self-administration of albuterol inhaler ARS 15-341.A.39 form. Appropriate forms are available from the school nurse.

**\*\*\*Guidelines for Students with Special Diets**

It is important to provide the school nurse with any dietary or allergy concerns. They will be kept on file with the School Nurse and the Food Service Manager. If your child has been identified as having a disability and has special dietary needs, changes can be made to your child's school breakfast and/or lunch at no extra charge. The SFE Special Diet and Medication Form will need to be completed by the child's healthcare provider.

(<https://www.prescottschools.com/special-diet-medication-form/>).

Some examples of special dietary needs which are considered disabilities:

- Celiac disease
- Diabetes

- Food allergies that result in severe, life threatening (anaphylactic) reaction
- PKU

For more information, please visit the PUSD website:

<https://www.prescottschools.com/guidelines-students-special-diets/>

**Student Insurance:** Information can be found on the PUSD website, in the Resources tab

<https://www.kandkinsurance.com/sites/K12Voluntary/Pages/Home.aspx>