

Dear Parent or Guardian:

Greetings from your school Health Room!

Our goal is to ensure that your student enjoys a healthful, safe school year. Please read the following information carefully and if you have any questions, please feel free to call your School Health Aide, **Yara Natour** at 703-715-3810 or your Public Health Nurse, **Lorie Jreige** at 571-363-1469.

Your school Health Room services include:

- Care of sick and injured students according to Fairfax County Public Schools (FCPS) guidelines
- Hearing and vision screening (grades K, 3, 7, 10, new to FCPS, and those referred by teachers and parents)
- Administration of care for students with identified problems or conditions during the school day
- Coordination of care for students with identified problems or conditions during the school day

You can help your Health Room provide the best possible care by:

- Advising the Health Room of any special health conditions or concerns
- Notifying the Physical Education (PE) teacher if your child has any PE restrictions
- Providing current telephone numbers (home, work and alternate) for the Emergency Care Information form. Generally, students may remain in the HR for up to 20 minutes. If they are still feeling ill, parents will be called to take the student home.
- **KEEP SICK CHILDREN HOME!** Students are unable to concentrate or do schoolwork when they are ill. Children with fevers (temperature of 100.4 degrees or greater), vomiting or diarrhea should not be in school. It is best for the child to stay home for 24 hours after these conditions resolve. Students should be fever-free for 24 hours *without* fever reducing medications before returning to school.
- The school Health Room **DOES NOT** supply medication. When medication must be administered during the school day, please follow the guidelines established in FCPS Regulation 2102.
 1. Complete the appropriate FCPS authorization forms (Epinephrine, inhaler, medication) which are available online at www.fcps.edu or from your School Health Aide.
 2. Provide the school with medication in properly labeled containers (your pharmacist will usually provide an extra container if you request it).
 3. All medications must be kept in the Health Room or other school approved location.
 4. Over the counter (OTC) medications may be given for up to **10** consecutive school days with the parent or guardian's signature on the FCPS Medication Authorization form before a physician's (provider's) signature is required. The exception is OTC pain relievers for *headache, orthodontic pain, menstrual cramps, or muscle aches* which may be given throughout the school year with a parent or guardian's signature.
 5. Cough drops and throat lozenges may be carried and used by students in grades K-12 as needed throughout the school year. They must be kept in individual wrappers and cannot be shared with other students under any circumstances.

Thank you for helping to make this a safe and healthy school year for all FCPS students!