# 🩺 Health Office FAQ for Families

The Health Office is here to support the health and well-being of all students so they can have a safe and successful school day. Below are answers to some of the **most frequently asked questions** families have for the school nurse.

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## 🤒 When should I keep my child home from school?

Please keep your child home if they have:

• A **fever of 100°F or higher** (students should remain home until fever-free for **24 hours without medication**)
• **Vomiting or diarrhea** within the past 24 hours
• A **persistent cough, severe sore throat, or illness** that prevents participation in school
• An **undiagnosed rash** or symptoms of a contagious illness

If you are unsure whether your child should attend school, please contact the Health Office.

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## 🤕 What happens if my child gets sick or hurt at school?

Students who feel unwell or are injured during the school day may visit the Health Office. The school nurse will assess the student and provide appropriate care.

Parents/guardians will be contacted if a student:
• Needs to **go home due to illness**
• Has a **significant injury**
• Requires **further medical evaluation**

Many visits are for minor concerns such as small cuts, bumps, or brief rest.

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## 💊 Can my child take medication at school?

Yes. In order for any medication to be administered during the school day, the Health Office must have:

• A **Medication Order Form signed by the prescribing healthcare provider**
• A **Parent/Guardian Consent Form**

This includes over the counter medication, prescription medication, or herbal supplements.

**Here is the link for required forms:Medication Forms**

All medication must be **brought to school by a parent/guardian** in the **original pharmacy-labeled container**.

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## 🫁 Can students carry inhalers or EpiPens?

Students may be allowed to **self-carry inhalers or EpiPens** with written authorization from both the **parent/guardian and healthcare provider**.

Please contact the school nurse if your child may need this accommodation.

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## 📋 What health records are required for school?

Massachusetts requires certain health records to be on file at school, including:

- **Up-to-date immunizations**
- **Physical examinations for kindergarten entrance,, third grade, or any new registration**
- **Medication orders and action plans for medical conditions**

Families will be notified if updated documentation is needed.

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## ❤️ How does the school support students with medical conditions?

The school nurse works closely with families, healthcare providers, and school staff to support students with medical needs.

Students with conditions such as **asthma, allergies, diabetes, or seizures** may have:
- **Individualized Healthcare Plans (IHPs)**
- **Emergency Action Plans (EAPs)**

These plans help ensure students can **safely participate in school activities and have a typical school day.**

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## 🧴 What is the school's policy on head lice?

Head lice can occur in elementary school-aged children and are not related to cleanliness. If lice are identified, the Health Office will notify the family and provide guidance on treatment. Students may return to school after appropriate treatment has begun.

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## 📞 How can I contact the school nurse?

Please reach out to the Health Office with any questions or updates about your child's health. Open communication helps us keep students **healthy, safe, and ready to learn**.

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