

Manasquan School District
MHS Nurses Office: 732-528-8820 Ext 1401
MES Nurses Office: 732-528-8810 Ext 2020

Health Office Guidelines

Absences

If your student is ill, consult with a recognized Healthcare Provider (HCP). A note to return to school is required for a student absence of 3 or more consecutive days. The note must contain a return to school date, be signed by the HCP, and contain the office stamp or letterhead.

Medication

Students are **NOT** permitted to bring medications of any kind to school, including but not limited to cough drops and eye drops. If it is necessary for a student to receive medication during school hours, medication must be brought to school by the parent/guardian. All medication will be under the direction of the school nurse. No medication will be administered without a completed Manasquan School District Medication Authorization Form, completed by a parent and the HCP. Only original paperwork with HCP signature and stamp will be accepted. Medication must be in the original sealed container with prescription and student name clearly visible. Over the counter (OTC) medication must be delivered by the parent/guardian in a sealed original package, accompanied by the HCP written order.

Dress/Hygiene/PE Footwear

Weather permitting; students may go outside for recess and gym. Please make certain that students are dressed appropriately. Appropriate footwear is required for gym, recess and physical activities to minimize the chance of injury. **Proper footwear must be shoelace tied sneakers.** For safety reasons, flip-flops and sneakers with wheels are not permitted in school. To maintain the wellness of all Manasquan School District students, parents are urged to encourage their student to practice good hygiene and proper handwashing.

Student Illnesses

Fever is an indicator that a student is ill. If a student's temperature is 100.4 or above, students are not to attend school or school sponsored activities. Parents are encouraged to have their HCP exam the student for a possible infection or virus. A student is NOT permitted to return to school until the student is 48 hours fever free, and without any fever reducing medications, or a written note provided by the student's HCP, indicating student may return to school.

If a student becomes ill or acquires a fever while attending school, a parent/guardian or the parent's designee **MUST** pick the student up within thirty minutes of notification from the school nurse. If a parent/guardian cannot be reached, the school may need to transport the student to the hospital by Emergency Medical Services

Injuries/Physical Education (PE) Excuses

Any student seeking PE excuse due to injury/illness **MUST** provide to the nurses, a HCP note, or a parent/guardian note that will allow PE exemption for one day. After 24 hours, if PE excuse is still needed, a HCP note must be provided. Student **MUST** see the school nurse upon arrival to

school for specific accommodations with orthopedic appliance (crutches, cast, splint, sling, boot, etc.) needed by a student and prescribed by the HCP. The HCP note indicating must be reviewed by the school nurse immediately, upon their return to school. The HCP note MUST clearly define all restrictions and return to school. Once the injury has healed, the student is responsible for obtaining and submitting to the school nurse, a clearance notice from the HCP, indicating the students' clearance to participate in PE/sports with or without restrictions.

Sore Throat

A sore throat is often an indicator of illness. If sore throat is accompanied by fever, keep your student home and consult a HCP. If strep throat is diagnosed, please contact the health office.

Rash

A rash may be the first sign of childhood illness, such as chicken pox. A rash or "spots" may cover the entire body or may appear only in one particular area. If this occurs, do not send the student to school until a HCP has written an order indicating "student is safe to return to school." A HCP note MUST be brought to the school nurse immediately the morning of student's return.

Open Sores

Open sores and wounds require special attention to prevent the spread of communicable disease. They can be an indicator of contagious skin conditions that require immediate medical treatment before a student can return to school. Once treatment is initiated by a HCP a student may return to school. Healing wounds MUST be covered with an adhesive 4 sided bandage. A medical clearance note written by a HCP MUST be submitted to the school nurse immediately upon students return to school.

Conjunctivitis (Pink Eye)

If your student develops redness or drainage from the eye, keep your student home and consult with a HCP. This condition requires a Physician's (HCP) attention. Students can attend school upon examination and initiation of medication. A HCP note that student is cleared to return to school, MUST be brought to the school nurse the morning of student's return.