



South Pasadena Unified School District
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IMPORTANT HEALTH NOTICE

FOR YOUR CHILD'S HEALTH MAINTENANCE Your cooperation is requested in helping the school provide a healthy environment for your child. As parents, we have many responsibilities, and sometimes send children to school with a fever and who demonstrate other symptoms of a communicable disease. With this in mind, we hope that the following information will be helpful in making good decisions about whether or not you should send your child to school. We encourage you to consult your physician and follow his/her recommendation if you suspect a condition that could be communicable to others.

COLDS It is extremely difficult to determine the specific virus that is causing a cold. The period of infectiousness from various cold viruses ranges from one to three days. If your child has a cold, the safest course of action is not to send him to school for at least 24 hours after the onset of cold symptoms.

STREP THROAT Once a child has completed a 24-hour period of antibiotic treatment for "strep throat," he/she may not be considered to be infectious. Children and young adults with severe infections, however, may not feel like participating in school activities regardless of the medication they may be taking, for up to 48 hours. Parents need to take into consideration the child's level of energy and activity before sending him/her to school.

BACTERIAL CONJUNCTIVITIS (PINK EYE) If under antibiotic treatment, bacterial conjunctivitis is not usually communicable. There is, however, a conjunctivitis associated with viral infections that is highly infectious for at least two days; therefore, we urge you to assess your child carefully before sending him/her to school.

FEVER Following an infection associated with fever (even a low grade one), a child should remain at home for at least 24 hours. A person may not register a fever early in the morning, but as the day progresses, it may become elevated. Do not, therefore, send your child to school until he/she is free of a fever for a complete 24-hour period.

VOMITING AND DIARRHEA Children who have suffered a bout of this illness at night may be very weak the next day and unable to function in school. They should not be sent to school for 24 hours after they are free of symptoms.

HEAD LICE Head lice are in epidemic proportion in Los Angeles County. After a long and busy summer, with many activities such as swimming, hiking, and camping, there is an increased possibility that these "nasty nits" and lice will be brought into the school environment. To reduce this risk, parents are urged to inspect their child's head and hair thoroughly and on a regular basis, **at least once a week.**

Head lice and nits (the eggs) concentrate at the nape of the neck, around the ears, and at the crown of the head. They are small, oval, and gray-white 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. Please notify the school and give the reason for the absence. Consult your health provider for treatment, or ask your local pharmacist for a recommended lice shampoo. Wash all clothing and bed linens in hot water. School personnel will inspect your child before he/she will be re-admitted to class, and **all** nits must be removed. Preferably a note from your personal physician or the Los Angeles County Health Department, should accompany your child back to school, stating that he/she is cleared for return.

TO ALL PARENTS OF CHILDREN REQUIRING MEDICATION DURING SCHOOL HOURS

When prescribed by your physician, it is sometimes necessary for your child to take medication during school hours. California Education Code Sections 49423 and 49480, make it possible for the school nurse or other designated school personnel to help you carry out your physician's orders, provided that the following procedures are adhered to:

1. A signed physician's recommendation form must be on file for medication to be given at school. The recommendation must be on file for prescription **or** over-the-counter medication. A physician's recommendation for continuous medications must be renewed every school year.
2. **ALL** medication must be given from the prescription bottle or vial. Absolutely no medication will be dispensed that has been sent in plastic bags, envelopes, etc.
3. A witnessed phone verification from the physician may be accepted for short-term (five days or less) episodic medication.
4. School personnel may not dispense medication that has been sent to school by the parent with a written request by the parent that has not been verified by a physician.
5. No medication will be given at school without the dosage schedule time and amount that is to be given included on the prescription label.
6. The school will honor verification written by the physician on any form he/she chooses to use, although a school medication form is preferred.
7. Students observed by school personnel administering unauthorized medication to themselves will be reported to their parents.
8. All medication must be collected by parents at the end of the school year. The District will dispose of all medication not claimed.

Legal References:	Education Code
Ed. Code 49423	Administration of prescribed medication for pupil.
Ed. Code 49480	Notice to school by parent/guardian; consultation with physician

Thank you for your concern and your cooperation. If you have further questions, please contact the school your child attends.

Warlita Galzote, RN
District Nurse

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