



ABINGTON FRIENDS SCHOOL

From the *School Nurse*

August 2018

Dear Parents and/or Guardians,

Welcome back to 2018-2019 school year! I hope you had a wonderful and relaxing summer break.

While the thought of your child being sick is far from your mind, the following guidelines are included for your review. Please take the time to read all of the information, specifically how we are handling students with allergies, medication administration and controlling the spread of communicable disease.

Over the counter medications are available in our Health Suite. They are dispensed by school personnel with the goal of keeping your student comfortable so they may remain in school. You can view the list of medications in CareDox as well as grant permission for those to be administered. For all prescription medication the State of PA requires we have a health care providers authorization. The AFS Prescription Medication Form can also be found on CareDox.

I look forward to working with you this year to keep all of our students healthy and safe. If you have any questions I can be reached at (215) 576-3978, or via email at, [sharris@abingtonfriends.net](mailto:sharris@abingtonfriends.net).

Warmly,

Susan Harris, RN  
Abington Friends School Nurse

## **Illness Guidelines**

**Fever:** Students must be picked up for a fever at or above 100 degrees. They may return to school only when they are fever free, (without the aid of fever reducing medication such as Tylenol/acetaminophen or ibuprofen) for 24 hours.

**Vomiting and diarrhea:** Students who have vomited or had more than 2 episodes of diarrhea must be picked up from school. They may return to school 24 hours after the last episode of vomiting or diarrhea, and when they are able to tolerate a normal diet.

**Colds/Coughs:** Students should stay home if they have a fever, if their symptoms keep them up at night or worsen with activity, or if they have a severe cough, congestion or runny nose that makes them unable to participate fully in a 7 hour school day.

**Pinkeye (conjunctivitis):** Students will be sent home if Pinkeye is suspected. A note from your health care provider is required to return to school 24 hours after starting antibiotic eye drops or ointment, and when symptoms have subsided.

**Undiagnosed rashes:** A note from your health care provider is required to return to school stating the rash is not contagious. Please contact the nurse's office prior to your child's return to school.

**Communicable/Infectious diseases:** Please report any infectious diseases (strep throat, influenza, chicken pox, mononucleosis, ringworm, impetigo, 5<sup>th</sup> disease, hand, foot and mouth, scarlet fever, etc.) to the Nurse's office, Ext. 3978. A note from your health care provider is required to return to school stating they are no longer contagious.

**Head lice (pediculosis):** Students may return to school after treatment with an effective pediculicide and the removal of all nits (eggs) from the child's hair. Your home should be treated as well. Upon arrival to school after treatment and before returning to the classroom, students must be reexamined by the school nurse to determine that they are lice and nit free. Please notify the Nurse's office if you discover head lice on your child so that other families may be notified. We will make every effort to examine all the children in your child's grade and anyone else who may have been in close contact with your child.

## **Illness/Injury at School**

If a student becomes ill or injured at school, he/she should tell their teacher or the office, and then come to the nurse for evaluation. The student is not to call home before notifying an adult at school. No student is permitted to leave school during school hours for illness or injury, without the school's permission.

If a medical emergency occurs at school, we will call 911 and then contact you. If we are unable to contact you, we will call your emergency contact numbers. **Please make sure all contact and medical information is complete and up to date in CareDox.** If your child becomes sick or injured at school, we

will call you to pick up your child as soon as possible. If you cannot be reached, we will call your emergency contact numbers.

## **Staying Healthy**

1. Hand washing is the single most effective way to kill germs, prevent their spread and keep from getting sick. Wash often with soap and water for 20 seconds, or the time it takes to sing Happy Birthday. <http://www.cdc.gov/handwashing/when-how-handwashing.html>
2. If soap and water is not available, use an effective hand sanitizer.
3. Avoid touching your eyes, nose and mouth with unwashed hands.
4. Use respiratory etiquette: Cover your mouth and nose with a tissue or your elbow when you cough or sneeze, throw the tissue away, and wash your hands or use hand sanitizer.
5. Disinfect frequently touched surfaces like door knobs, faucets, phones, keyboards and toys.
6. Avoid sharing food, cups and eating utensils, especially with those who are sick.
7. Avoid close contact with those who are ill.
8. Make sure your child has a regular bedtime and is getting enough sleep. Lack of sleep impairs the immune system's ability to fight infection.
9. Make sure your child is well nourished, well hydrated and has breakfast every morning. Keep the immune system healthy by eating plenty of colorful fruits and vegetables (they're loaded with vitamin C), healthy proteins and whole grain breads and cereals. Avoid excess sugar! Make sure your child dresses appropriately for the weather and for outdoor activities.

## **Food Allergy Guidelines**

AFS has many students with food allergies. If exposed to even a small amount of allergen, a life threatening reaction called Anaphylaxis can occur. Abington Friends is not a peanut/tree nut free school. However, in order to provide a safe environment for all of our students, we do not serve peanuts or tree nuts on campus. In addition, we ask that the following guidelines be followed.

1. No peanuts or products with nuts should be brought to school for parties, snacks, bake sales, class projects, bus trips, after school or sports activities. Carefully examine the label of packaged foods to confirm their contents. Do not use nuts/peanuts/nut oils in homemade goods. Exceptions must be cleared by the school nurse and any faculty involved 24 hours prior to the event.
2. Although AFS discourages it, peanuts/nut products may be brought to school for lunch to be eaten **in the cafeteria**. Students eating peanut/nut products should wash their hands well after eating or use the wipes available in the cafeteria. If a student has peanut butter or nut products for breakfast, please make sure they wash their hands before coming to school.
3. All students who are in class with a student with a life threatening food allergy should wash their hands after eating.
4. Students may not trade or share lunch, snacks or drinks