

Sinclair Elementary

Nurse's Corner Frequently Asked Questions

What if my child gets ill at school?

- For minor ailments such as headaches, stomachaches, menstrual cramps, allergies, etc., parents may elect, at that time, to bring OTC medication to be administered by the parent/guardian ONLY.
- Students are NOT allowed to take ANY medication (OTC or Prescription) without the proper documentation signed by the physician and parent/guardian.
- Students must be picked up from school when they have a fever of 100degrees or >, vomit, or display other signs/symptoms of communicable disease.

When should I keep my child at home?

- When they have a fever of 100.4 degrees or >. Students must be fever free without the use of fever-reducing medication for at least 24 hours.
- If the student has vomiting or diarrhea, the child must be symptom free for at least 24 hours before returning to school.
- When your child has a skin rash that has not been diagnosed by a doctor as being non –contagious the nurse needs a medical release for the student to return to school.
- If your child has untreated inflamed/pink eyes, a doctor's note is required to return to school. If inflammation is due to "allergies," the doctor must document it.
- If your child has a medical condition that will spread from one person to the next (contagious), for example, the flu, strep throat, chickenpox, infectious pink eye, etc.

When your child is seen by the doctor, please make sure that you bring a doctor's note for your child to return to school.

What if my child is injured?

Injuries at school:

- The Nurse will assess your child and notify you of the findings. Depending on the signs/symptoms displayed, you may be asked to pick your child up from school.
- Ice packs and temporary splints are available for minor injuries (jammed fingers, twisted ankles, etc.)

Accommodations for Injuries/Medical Problems:

- Your child may be eligible to receive extra time between classes, elevator access, dress code exclusion, exclusion from PE with an appropriate request/recommendation from a physician.

How do I find out if my child is up to date with their Immunizations?

- The requirements for immunizations are available on the following website <http://www.dshs.state.tx.us/immunize/school/default.shtm>
- Feel free to call or email the School Nurse regarding your child's immunization record at vcruz@houstonisd.org | 713-867-5160

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What if my child needs medication administration in school?

- HISD requires specific documentation in order to administer medication to your child at school. Please contact the School Nurse when your child is prescribed medication.
- Over the Counter (OTC) Medication, Epi-Pen, Diastat, and Asthma Inhalers require the SAME documentation/procedures as other Prescription Medication.
- Medication bottles/boxes MUST be labeled by the Pharmacy.
- Asthma Inhalers- Your child may carry their inhaler at school only if the physician recommends it so. However, documentation is REQUIRED. The Asthma Form is available in the clinic.

What about health conditions?

- Seizures- If your child suffers from a Seizure Disorder, please notify the School Nurse.
- Food Allergies/Life-Threatening Allergies- Please notify the School Nurse of any life-threatening allergies that your child has.

ALL DOCUMENTATION MUST BE RENEWED EACH SCHOOL YEAR.

For more information, please follow this link to HISD [Health & Medical Services](#).