



## SCHOOL HEALTH BASICS



### SCHOOL HEALTH STAFF

The Department of Health and Sumter County Schools work together to provide school health services and to safeguard the health of your child. Daily health services are provided by CNA's, under supervision of a Registered Nurse (RN), Licensed Practical Nurses (LPN) or Registered Nurses (RN). The RN is available for you and your child for any health care concerns you may have. You can be linked to your school's RN by contacting the clinic personnel at your child's school.

### MEDICATIONS AT SCHOOL/OFF SITE ACTIVITIES

When possible, give medications at home. The following conditions must be met for school personnel to administer medication/treatment to your child at school.

- ✓ A medication/treatment authorization form that is signed by the parent and your doctor for any medications to be administered in school including over-the-counter (OTC) medications must be on file at school as required by law.
- ✓ A Signed Student Medication Administration Record must be completed and on file at school.
- ✓ Medication must be in the original **unaltered** prescription container or unopened over-the-counter container **labeled** with student's name, medication name, dosage and times to be administered. **Prescription label MUST match the physician authorization form.**
- ✓ Parent/guardian must deliver the signed medication/treatment authorization form and medication to the school health room or assigned school employee so the medication can be accepted and counted.

### WHEN YOUR CHILD IS SICK

Staying home when sick helps your child get well and protects classmates. Do not send your child to school if s/he has:

- Fever (100.4) or greater
- Severe Cough
- Severe Sore Throat
- Eye Infection
- Vomiting
- Head Lice
- Diarrhea

**Unidentified Skin rash:** Your child needs a note from a health care provider that s/he is not contagious or must be rash free before s/he is able to return to school.

**Sickness:** Your child must be free of fever, vomiting and diarrhea without medication for at least 24 hours.

If you need **health insurance**, you can apply for Florida Kid Care, a low-cost insurance, at [floridakidcare.org](http://floridakidcare.org) or call 1-888-540-5437. To create a healthier community and to keep children in school the SCSB has partnered with Langley Health Services to provide flu shots to students with parental consent. Flu vaccines will be available at your child's school. Say No to Flu! Get your child vaccinated.

### PHYSICAL ACTIVITY AND HEALTHFUL FOODS

Eating healthy, and physical activity, helps maintain a healthy body weight and reduces the risk of chronic diseases. Visit these sites for more information:

- <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- <https://healthmpowers.org/powerupfor30>
- <https://besmart365.com/>

### IMMUNIZATIONS

Florida Statute 1003.22 requires all children entering and attending school to present a Florida Certificate of Immunization form (680) or Religious Exemption form (681) to the schools. It also requires proof of a physical exam for first time student which must include a review of all body systems performed by a licensed medical provider within 12 months prior to enrollment. No cost immunizations are available to eligible children through the Vaccines for Children Program at the Department of Health in Sumter County. For more information and to make an appointment, call 352-569-3102 Bushnell office or (352) 689-6520 Wildwood office. Other resources are available for immunizations, if needed.

### HEALTH SCREENINGS

- **Vision:** grades K, 1, 3 and 6, 9 (Optional)
- **Hearing:** grades K, 1 and 6
- **Height, Weight, BMI:** grades 1, 3, 6, 9 (Optional)
- **Scoliosis:** grade 6

### HEAD LICE

Head lice crawl fast but do not hop or jump. They lay eggs called "nits". Students with head lice are excluded from school and should be nit free before returning. An adult must bring the child to school for re-check for clearance to return to school.