

HEALTH OFFICE NEWSLETTER

HOW SICK IS TOO SICK

There are four main reasons to keep children and adults at home:

1. The child or staff is at risk of infecting others with a contagious illness.
2. The child or staff member does not feel well enough to take part in usual activities.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The child or staff member has symptoms or an illness on the following list, and staying home is required.

When Children and Staff Should Stay Home from School:

- Feeling Feverish, having chills or ever (temperature of 100.4°F or greater)
- Shortness of breath or difficulty breathing
- Nausea, vomiting/throwing Up
- Diarrhea (frequent, loose, or watery stools compared to normal ones that are not caused by food or medicine)
- Cough (Students and staff may return if the cough is not fully resolved following discussion with a care provider)
- COVID-19 symptoms (must be improving before a child or staff member returns to school)
 - Sore throat
 - Runny nose or congestion
 - Muscle or body aches
 - Headache
 - Fatigue
 - New loss of taste or smell (can persist for weeks or months, this condition does not need to be resolved or improving before an individual returns to school)

IMMUNIZATIONS

Please ensure that your child's immunization record is current for the vaccinations required by state law for school attendance.

NON-MEDICAL EXEMPTIONS:

In the 2021-2022 school year, the process of filing a non-medical exemption changed per Colorado law (SB20-163).

There are two ways to file a non-medical exemption for personal or religious beliefs.

- File the certificate of non-medical exemption **with a signature from an immunizing provider**
- OR**
- File the certificate of non-medical exemption received upon the completion of our online educational module.

The online education module is available 24 hours a day and seven days a week. It will take approximately 20 minutes to complete. At the completion of the module, you will be able to complete a form to obtain a certificate of non-medical exemption. You can complete this form for more than one child without having to retake the course.

Access the non-medical exemption form and online education module here: cdphe.colorado.gov/vaccine-exemptions

Parents of students in grades K-12 claiming a non-medical exemption must file one each new school year; the exemption expires June 30 each year. If you submit a non-medical exemption on or before June 30, it will not be valid for the upcoming school year unless you signed the exemption during early registration.

Please provide the school with a copy of your child's immunization record, non-medical exemption form, or online education module certificate of completion

REQUIRED FOR ATTENDANCE	
DTaP, DTP (diphtheria, tetanus & pertussis)	5 doses*
IPV (Polio)	4 doses
MMR (measles, mumps, rubella)	2 doses
Hep B (hepatitis B)	3 doses
Varicella (chickenpox)	2 doses**
Tdap booster	1 dose before entry to 6th grade



MY CHILD REQUIRES MEDICATION AND/OR SKILLED NURSING CARE AT SCHOOL

Please visit your James Irwin Charter Middle School's handbook to review the medication policy. Access the health forms required to authorize staff to administer medication and/or skilled care to your child at school at the front office.

Please note that without a physician's order, staff cannot administer medication or provide skilled nursing care to students at school.

Students are not allowed to carry any form of medication on them. If a medication is found on a student, in a backpack, or in a locker, the parent will be notified, and the medication will be confiscated.

Physician's orders expire one year after the date of the physician's signature on the order and need to be renewed. Once the form has been completed and signed by your child's physician, please submit the form to the health office.

We encourage parents to provide emergency medication (e.g. albuterol, epinephrine, Diastat, Versed, Baqsimi, Glucagon, etc.) for their child at school if prescribed.

KEEPING OUR SCHOOL HEALTHY

HAND WASHING: soap and water x 20 seconds is best; hand sanitizer x 30 seconds is the next best alternative to keep hands clean and prevent germ transmission.

STAY AT HOME WHEN SICK: please screen your child for symptoms of illness at home before school each day and follow up with your child's physician for any new onset of symptoms that do not completely resolve within 48 hours.

ANNUAL HEALTH INFORMATION FORM

Please complete the annual health information form to update your child's health record and inform the health office of any health conditions that may be educationally significant and/or require skilled nursing care during the school day.

If your child has a chronic health condition such as asthma, diabetes, seizures, severe allergy (anaphylaxis), etc. we encourage you to work with the school nurse to create a school health care plan and provide the school with physician's orders and any medication to be administered in a medical emergency.

FOOD ALLERGIES

Please do not include nuts or nut-based products in your child's lunchbox; please read ingredient labels and avoid products containing or processed in a plant containing peanuts or tree nuts. Students with severe food allergies exposed to allergens could experience a severe, potentially fatal allergic reaction. Due to this risk, we encourage all our students to refrain from sharing food.

VISION AND HEARING SCREENINGS

Vision and hearing screenings are done on all 7th grade students according to state guidelines at the beginning of the school year. The vision screening done at school is a basic acuity test, and it is recommended that all children over the age of 3 receive yearly eye exams with an eye specialist in addition to the school screening. If you do not want your child to be screened at school for either vision and/or hearing, notify the health office in writing/email in advance of your school's screening date and supply a copy of your child's latest report from his/her doctor.

HEALTH OFFICE STAFF

School Nurse: Lien Vallejos, RN, BSN