

## Clarksville-Montgomery County School System

### HEALTH INFORMATION - INFO FOR PARENTS / GUARDIANS

Dear Parent/Guardian,

The school nurse's mission is to promote and protect the health of your child. Therefore, they can be a wonderful information resource for you regarding disease prevention, good health promotion and immunization standards. The school nurse can administer first aid, assist your child in taking ordered medication and administer various health screenings throughout the school year (If you do not want your child to participate in any of the health screenings, please notify your nurse in writing or by email). You will receive an electronic **Student Health Assessment** form (HEA-F107) by email. Please complete it as soon as possible. This will inform the school nurse of any known health issues that might require a specific plan of care to meet your child's health care needs. Also, please remember to keep your emergency contact information up-to-date with the school's front office.

A sick child puts others at risk of getting sick. Please keep your child home if they have:

- Fever of 100.0 F or higher
- Severe cough
- Body rash with open blisters/drainage
- More than one episode of vomiting or diarrhea

**If your child has a fever, do not medicate them with a fever reducing medication and send them to school.**

A fever is often a sign of infection or illness. Children who have been diagnosed with an "infection" need to be on antibiotics for 24 hours before returning to school. Please notify the school nurse immediately if your child tests positive for COVID-19 or is a close/household contact. See the *return to school flowchart* on the CMCSS website for more information.

#### Simple ways to keep your child healthy:

- \* Cover coughs and sneezes
- \* Regular dental and medical check-ups
- \* Frequent hand-washing throughout the day
- \* Adequate sleep
- \* Proper nutrition
- \* Personal hygiene
- \* Encourage physical activity

**Head lice:** Check your child's head periodically for lice and nits. Lice are small (sesame seed size), wingless, crawling, tan or grayish-white, parasitic insects. Nits are small, yellowish-white, oval-shaped eggs that are glued to the side of the hair shaft. Teach your child not to share combs, hair brushes, hair bows, or hats, and to avoid head-to-head contact with other children. If you see live lice on your child, please keep them home until treated.

**Toileting accidents:** If your child is prone to wetting or soiling their clothing, please send a change of clothing to school for use in the event of an accident. The school nurse will not provide these.

Please note that there may be times when your school is without a nurse for a part- or full-day. There are trained personnel in each school that can, and will be used, to assist your child with the administration of medications in those situations.

Online information regarding COVID-19 and a Safety and Health Overview is available on the CMCSS website at [www.cmcoss.net](http://www.cmcoss.net). For non-COVID health information see "Health Services" under the Student and Parent tab. Please contact your school nurse if you have any questions or concerns regarding your child's health.