

**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.)

Your child will be bringing home a **Student Health Assessment** form (HEA-F107). Please complete and return it to school. 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, so you can be contacted quickly if needed.

**All students must be pre-screened, at home, prior to sending them to school. Please check your child for fever AND / OR any symptom listed below.** A sick child puts others at risk of getting sick. Keep your child at home if they have:

- |                                 |                         |                       |
|---------------------------------|-------------------------|-----------------------|
| *Fever of 100.0 F or higher     | *Nausea and/or vomiting |                       |
| *Cough                          | *Diarrhea               |                       |
| *Headache                       | *Shortness of breath    | *Body rash with fever |
| *Sore Throat                    | *Fatigue                | *Head lice            |
| *Nasal congestion or runny nose | *Muscle or body aches   | *Scabies              |

***If your child has a fever, please do NOT medicate them with a fever reducing medication and send them to school. 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. **NOTE:** If a child has any COVID-19 symptom(s), they will need to isolate for 10 days from the onset of the symptom(s). If a child is a close contact (less than 6ft for 10 mins) of someone that is positive for COVID-19, they must quarantine for 14 days from their last contact with that individual. If a child's **household member** is positive for COVID-19, the child must quarantine for the same 10 days as that family member **plus** an additional 14 days (***could be a total of 24 days***).

**SIMPLE WAYS TO KEEP YOUR CHILD HEALTHY -**

- |   |                                       |
|---|---------------------------------------|
| *Wearing a mask at school, and in public, helps to prevent the spread of COVID-19 | *Adequate sleep                       |
| *Avoid close contact, maintain at least 6 ft distance                             | *Proper nutrition                     |
| *Monitor their health daily, as well as your own                                  | *Regular medical and dental check-ups |
| *Cover coughs and sneezes   | *Personal hygiene                     |
| *Frequent hand-washing throughout the day   | *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 decorations, hats, clothing or towels and to avoid head-to-head contact with other children.

**MEDICATION** - Do not send medications to the school with your child. All medications must be brought to school by a responsible adult. *Prescribed medication* must be in an pharmacy labeled container and require a completed physician's order and parent authorization form. *Over-the-counter medication* must be in the original, unopened, manufacturer's packaging and require a completed parent authorization form.

**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.cmcass.net](http://www.cmcass.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.