

CSISD Health Services

It is the goal of CSISD Health Services to provide an environment that is as conducive to learning and health as possible. In order to provide this type of environment, it is necessary to use the following guidelines.

Your child could be sent home or should remain at home if they exhibit the following symptoms:

- Fever of 100 degrees or more
- Vomiting or diarrhea
- Persistent cough
- Undiagnosed rash
- Open or draining lesions
- Inflamed, itchy, and /or draining eyes
- Presence of live lice in the hair
- Suffering from a reportable disease, as defined by the Texas Board of Health
- Undiagnosed scaly patches on the body or scalp
- Any symptom or condition not listed is at the discretion of the School Nurse.

A student may return to school after being excluded from a communicable disease by submitting a physician's note stating that the student does not currently have signs or symptoms of a communicable disease or that the disease is not communicable in a school setting. The criteria for exclusion and re-admission for communicable conditions can be found at: www.tdh.state.tx.us/ideas/report/chichart.pdf.

Parents of students with a communicable or contagious disease are asked to notify the school nurse's office.

Fever

If your student has a temperature of 100 or greater, please keep them at home. If your student experiences high fever please allow them to stay at home until they have been fever free for 24 hours without medication. Students will be sent home if they present with 100 degrees or more of temperature.

Vomiting

Please have your student stay at home if they vomit during the night. If your student vomits, please have them remain home for 24 hours from the last episode.

Diarrhea

Episodes of diarrhea, whether infectious or non-infectious, are a source of E-Coli which could be transmitted quickly and with consequences in a communal environment. An isolated incident, that is properly maintained and contained, and is not recurring and no other symptoms are present, could allow a student to remain in a classroom setting. The student should not exhibit and any other symptoms or present with an elevated temperature in order to remain in school. However, when a student experiences multiple episodes of diarrhea (3-4 loose stools), there are health concerns which exist for the student, classmates, and the caregivers. When such instances occur, the parents of the student will be asked to keep their student at home until he/she is without further episodes or antidiarrheal medications for 24 hours.

Bacterial Infections

If your student has been prescribed an antibiotic for illnesses such as strep or pink eye, please allow them to complete 24 hours of antibiotic treatment before returning to school.

Conjunctivitis

Both "pink eye" and allergic conjunctivitis present with red (Pink eye) itchy, watery eyes. However, when a bacterial infection is present, the eyelids are often swollen and red; the discharge is purulent and causes a crust to form during the night. A person will often complain of itching, burning, and pain. When these symptoms are present, the student must be excluded from school until the condition has been under a physician's treatment for 12-24 hours. The eye must not be patched. It is advised that bed linens be changed and washed in hot water.

Strep Throat

Strep throat will often present as a severe sore throat not preceded by nasal drainage. It is common for the individual to have a high fever, complain of neck pain or a stomachache and generally feels very ill. When these symptoms are present, the student must be excluded from school until the condition has been under a physician's treatment for 12-24 hours.

Flu

The student will present with fever, headache, sore throat, and cough, chills, stomachache, and muscle aches. Flu is spread by coughing, sneezing, and any direct contact with nose or throat discharges. It is also air borne. Flu may last 2-7 days. The student should be kept at home until the symptoms and fever subside.

Viral Meningitis

The student will present with sudden onset of fever, headache, usually with some vomiting. The student may return to school when the fever subsides. With Bacterial Meningitis, the student will experience a sudden onset of high fever, headache, and a stiff neck, usually with some vomiting. The student must have written permission from the doctor to return to school. Family members and close contacts may be treated prophylactically.

Hepatitis A

Hepatitis A presents with nausea, vomiting, headache, fever, chills, and abdominal discomfort. The symptoms may last 3-7 days or for 3 weeks with jaundice. Students should be kept at home until symptoms subside. Vaccine is available and mandated in Texas for certain grade levels.

Hepatitis B

Students will experience nausea, abdominal discomfort, malaise, enlarged tender liver, and jaundice. Vaccine is state mandated in Texas.

Chicken Pox

Students will present with fever and rash consisting of blisters that may appear first on the head then spread to the body. Students are excluded from school until blisters have crusted over. Vaccine is available and mandated in Texas for certain grade levels.

Fifth Disease

Students will present with redness of the cheeks ("slapped face appearance") and body. There may be a low grade fever and students should be excluded until fever subsides.

Pertussis

Pertussis presents with a low grade fever, runny nose, and cough that may last 2 weeks, followed by a paroxysmal coughing spell a "whoop" on inspiration. Students should be excluded until the completion of 5 days of antibiotic therapy.

Head Lice

Students found to be infested with evidence of head lice may be excluded from school. They may be readmitted after having been shampooed with a pediculacide shampoo. Because of an increased concern among professionals throughout the United States that lice are becoming resistant to medicated shampoo, students will not be allowed to return to school until all lice are removed from the hair. A second pediculacide treatment is recommended within seven days. Students will be rechecked at this time and must be lice free to remain in school. When the hair is free of lice, proposed follow up treatment is a daily shampoo with tea tree oil shampoo, or weekly oil treatment followed by daily inspection by the parent/guardian.

Initially, when head lice are discovered in a classroom, the school nurse will inspect all students in that classroom and infested student's contacts. Siblings within the school will also be inspected. If the siblings are in another CSISD school, the school nurse will notify the nurse at the other school. All infested students will be sent home.

Physical Screenings

As required by state law, the following health appraisals will be conducted on students of CSISD:

1. Vision and hearing screenings will be conducted on all students in grades Pre-K, K, 1st, 3rd, 5th and 7th as well as all students who are new to Texas Public Schools. Students, parent, and teachers may request a screening anytime during the school year. If problems are found, a parent/guardian will be notified by letter, phone, or e-mail.
2. Spinal screening will be conducted on all 5th and 8th grade students. If medical problems are found, parent/guardian will be notified by the school by letter, phone, or e-mail. If you do not want your child's spine checked by the school nurse, you must provide the school nurse with documentation of results from your physician by the end of the first semester.
3. Fitness Testing will be given at all grade levels.

Medications

No medication will be given without a written permission from a parent or legal guardian. The following form may be downloaded at www.chinaspringisd.net under health information and completed and returned to your school nurse:

*Parent permission form for medication

This includes all prescription and over-the-counter medications such as Tylenol, antihistamines, throat lozenges, cough syrup, cough drops, etc. Under no circumstances will medication be administered that is not brought to school in the prescription bottle or in the original container. The school does not furnish medications. Medications sent to school for a student will be kept in the nurse's office. Please make every effort to give your child's medication at home if possible.

Herbal Medication

CSISD will not administer home remedies, plants, herbs, vitamins, and other non-traditional forms of medicine at school. This decision not to administer unregulated substances is based, among other reasons, on the following rationale:

All medication administered in the school setting must be approved by the Food and Drug Administration (FDA). Vitamins, minerals, herbs, etc. have not been evaluated by the FDA.

Student Emergency Card

All students are required to have an emergency card on file in the nurse's office at the high school and middle school. If you have a change of address or need to include another emergency number, please contact the school nurse so that the emergency form can be updated. Please include any medical problems that your child may have.

Chronic Medical Problems

If a student has an ongoing medical problem which requires special attention and /or restrictions at school, parents will need to furnish the school with an updated note from the physician at the beginning of each school year and additional information as needed.

Drug Safety Tip Line

Call toll-free: 1-877-277-3812 or on the web: www.ChooseToCare.com

Choose-To-Care is both a call-in and web-based "tip-line" program for students, parents, and China Spring ISD employees to provide information about student safety issues. Choose-To-Care is not meant to replace the one-to-one relationship between administrators, faculty, and students, but allows for anonymous reporting to be monitored by China Spring ISD personnel.

Sex Education

www.worththewait.org

Worth the Wait is the sex education program developed by Scott and White, which China Spring ISD uses for grades six and above. Parents are encouraged to access this website to be informed about the material presented.