

Nurse Myers Corner



Health Room Services

The goal of school health services is to keep students healthy, safe and ready to learn. Please refer to Nurse Myers corner for everything related to medical forms and other important information.

Physical & Dental Examinations

- Examinations are required by law upon original entry into school and in the 7th and 11th grades. Parents are requested to have these examinations done during the summer months by family physicians. Reports of these examinations are due at the opening of school in September.
- Temporary or permanent health problems should be reported to the school. The school will report to the parents in writing or by phone call any deviations from normal health that are discovered or suspected in school.
- **Dental Exam:** Dental Exams are required on entry into school (either kindergarten or 1st grade, 3rd grade 7th grade and all NEW students).

Immunizations

- Pennsylvania Department of Health regulations require that all students attending school must be fully immunized. The only exceptions to these regulations are those students for whom immunization is not medically advisable or those for whom immunization is contrary to religious or moral convictions. Students who are not fully immunized will be prevented from entering school.

State Mandated Screenings

- Height/Weight (BMI) – Annually all grades
- Vision Acuity – Annually all grades
- Hearing – Grades Kindergarten, 1st, 2nd, 3rd, 7th, & 11th
- Students in grade 7 are screened for scoliosis. Selected students are given a hearing test.
- Written reports that deviate from the norm are sent home to the parent. Parents are asked to contact the nurse by a phone call or note after a doctor has evaluated the student.

Emergency Contact Forms and First Aid (upon school reentry)

- No student may leave the school for health reasons without prior authorization of the principal or health service. Parents/Guardians are required to come to school to pick up any student needing to leave school for health reasons. Students are not permitted to walk home from school without a parent or guardian.
- All students must have an emergency contact form in the health office. Tylenol and Ibuprofen WILL NOT be given to any student without this form on file. The form can be found on our website or sent home with your child.

Important information on when to keep your student home

1. Fever – 100 degrees Fahrenheit or higher, the student should remain home until free of fever for 24 hours without using fever reducing medications.
2. Diarrhea – The student may return to school 24 hours after being free of symptoms.
3. Vomiting – Occurrence of more than one episode of vomiting and associated with other symptoms. May return to school 24 hours after being free of symptoms.
4. Absence notes – This must be sent when the student returns to school. For absences of 3 or more consecutive days, a doctor's note is required in order to be excused.
5. PINKEYE - Symptoms of pinkeye include redness and swelling of the membranes of the eye with burning or itching, tearing, crustiness on the eyelids (especially noticeable upon awakening). Children who are diagnosed with bacterial conjunctivitis must be on an antibiotic ophthalmic therapy for 24 hrs. before returning to school AND free of discharge.

Helpful Tips for Staying Healthy

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs. Wash hands often with soap and water for 20 seconds.
2. Wearing a mask covering your mouth and nose. Maintain social distancing of 6-feet when in public places away from home.
3. Avoid touching eyes, nose and mouth.
4. If your son/daughter has any signs and symptoms of illness, please keep them home.
5. Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.
6. Do not share drinks, food, or unwashed utensils.

7. Get plenty of rest, eat healthy foods, and drink lots of water.
8. Avoid people who are sick and stay home when you are sick.
9. Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, toothbrushes).

Medication Administration at School

Parents/guardians are asked to contact the school nurse if a child has any special nursing care needs that must be provided during school hours. Examples of this includes blood sugar checks, seizure precautions, asthma, or other medical needs. The nurse will facilitate and coordinate arrangements for meeting these needs, along with parent/guardian and physician collaboration and input.

“Medication” is any drug used for treating an injury, disease, or symptoms of an illness that is prescribed by a qualified healthcare provider. This also pertains to over-the-counter medications.

Administration of medications, especially short term, should be done at home whenever possible. If a student is required to take medication during the school day, the medication should be taken to school by parents/guardians or an adult designee. A Medication Permission from the Health Care Provider should accompany all medication, including for the treatment of allergies, asthma, or diabetes. Please see the MED1 Form listed under forms to take to your physician. There is one for Asthma and then another form general medications.

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Class Dojo, Google Classroom, Office Hours: Monday-Friday 9-11

Important Medical Forms, Links & Resources

1. Student Health Services:
[Office of Student Health Services studenthealth@philasd.org](mailto:studenthealth@philasd.org)
2. Student Emergency/Medical Information
Permission for medication administration
<https://www.philasd.org/studenthealth/wp-content/uploads/sites/854/2018/08/S865-8-18.pdf>
3. [Physical Exam Form](#)
4. [Request for medication administration](#) MED-1
[Request for administration of asthma medication](#)
5. [Vaccination Information](#)
6. [Federally Qualified Health Centers in Philadelphia](#)
7. [PCCY Insurance Resources](#)
8. [Resources for Covid-19](#)
9. [Dental Form](#)