



ASSESSING YOUR CHILD'S HEALTH

McFarland School District Health Services

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Students are encouraged to remain at home when they are sick, however, they also need to attend school consistently to be successful in classes. Health and illness patterns developed by children often carry over into future school years, even into adulthood and the work world. We consider school to be your child's "job" and attendance is a crucial aspect to success. Our goal is to work with students, parents and staff to promote optimal health, thus creating the best learning environment.

SHOULD I SEND MY CHILD TO SCHOOL?

FEVER

Your child's temperature must be below 100°F for 24 hours without the use of medication to reduce fever before he/she may return to school. If your child has a temperature of 100°F or higher, this usually indicates an infection of some nature. If this same elevated temperature is discovered at school, we will contact you to request your child be taken home.

COLD/FLU

Upper respiratory infections are caused by a virus. We recognize that no one feels good when they have a "cold," yet some viruses may last as long as three weeks. Extra rest and plenty of fluids will improve symptoms. If phlegm or drainage turns green, contact your child's physician as this may indicate an infection in need of antibiotics.

HEADACHES

Students are encouraged to remain in school with headaches. If your child has frequent headaches, keep a log of when the headache occurs, what relieves the headache and how long they last. Acetaminophen and ibuprofen are stocked in the health office and can be administered with proper consent. Prescription medication may be kept in the health office according to District policy for migraine headache relief.

STOMACH ACHES

Students are encouraged to remain in school with stomach aches unless the pain or discomfort is associated with a temperature greater than 100°F, vomiting, diarrhea or lethargy. If your child vomits or has diarrhea during the school day, we will contact you to request your child be taken home. **Your child should remain at home until vomiting/diarrhea has stopped for 24 hours without the use of medication.**

For elementary age students, stomach aches may occur easily with anxiety or stress and often a short rest or discussion about the source may relieve the pain so that they may return to class. If your child has a food allergy or is lactose intolerant, please inform health office staff.

INFECTIONS

Students who are prescribed antibiotics for conditions such as pink eye, strep throat or impetigo **must complete treatment for 24 hours before returning to school.**



MEDICATION GUIDELINES

Board Policy 453.4 requires proper consent forms be submitted by both the student's health care provider (for prescriptions) and parent/guardian (for both prescription and over-the-counter medications) in order for medication to be administered at school. Consent forms are available at school and on the District website. Physician's are welcome to fax forms directly to student's school.

ORIGINAL CONTAINERS ONLY! ALL MEDICATION MUST BE PROVIDED IN THE ORIGINAL, LABELED CONTAINER WITH THE FOLLOWING INFORMATION NOTED ON MEDICATION AND CONSENT FORM:



- | | | |
|-------------------|------------------------|---|
| ✓ Student's name | ✓ Medication dosage | ✓ Physician instruction & signature (prescription only) |
| ✓ Student's grade | ✓ Time to be given | ✓ Parent/guardian phone numbers |
| ✓ Medication name | ✓ Duration to be given | ✓ Parent/guardian signature |

We cannot accept medication brought to school in baggies or envelopes - only the original container.