

A Note from the Nurse



"Nurse Anna"

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Please see the following information below regarding your child's healthcare needs at school. I look forward to working with you and your child(ren) to ensure that they have a safe, healthy environment to learn in. Please do not hesitate to reach out to me with any questions that you may have along the way.

Helpful Clinic Information:

Illness: Students with infectious or contagious conditions may be sent home until treatment is initiated. The Virginia Department of Health's guidelines are followed by the school nurse regarding all communicable diseases.

24-Hour Rule:

- Your child will be sent home, and/or asked to remain at home, if any of the following symptoms are present:
 - Fever of 100.0 degrees Fahrenheit or more
 - Vomiting
 - Repeated diarrhea
 - Inflamed or draining eyes/ears
 - Persistent cough/sore throat
 - Skin eruptions/draining sores
- If your student has been sent home with any of those contagious symptoms, they may return to school when he/she has been **symptom free for at least 24 hours without the use of medications, to include over-the-counter fever-reducing medications.**

Children with Special Needs: Please see the list below to determine what documentation is needed for any medical conditions that your child may have. **Please note that these forms need to be updated EVERY YEAR.**

- **Food allergies:**
 - **Food Allergy Action Plan-** Filled out by the physician
 - **Special Dietary Request Form-** Filled out by the physician
 - Only needed if food substitutions will need to be provided by the school
 - **Medication Administration Form-** Filled out by the parent
- **Asthma:**
 - **Asthma Action Plan-** Filled out by the physician
 - **Medication Administration Form-** Filled out by the parent
- **Seizures:**
 - **Seizure Action Plan-** Filled out by the physician

- **Medication Administration Form**- Filled out by the parent
- Diabetes:
 - **Diabetes Medical Management Plan**- Filled out by the physician
 - **Medication Administration Form**- Filled out by the parent
- Other medical conditions:
 - Please contact the nurse to discuss any documentation needed for other medical conditions that are not mentioned above

* All forms must be filled out by the **correct person** (see above). All of the required forms must be turned in at the **together, at the same time** in order to keep medications in the clinic to treat the medical conditions listed above.

Medications: All medications (including over-the-counter medications) must be brought to the school nurse in the original, **UNOPENED** container. **A PARENT/GUARDIAN must transport medication to the school. Medication CANNOT be sent with the student.** A signed **Medication Permission Form** must be completed and signed before medications can be administered. Forms can be found on the BMES school website under “Clinic” tab or in the main office.

- **Cough Drops:** If your child should need cough drops during school, a parent/guardian must bring them to the school and fill out the **Medication Permission Form**. Cough drops are to be kept in the clinic during the school day.

P.E. Excuses: Illness and injury can result in the need for limited or restricted PE activities. This requires a written note from a parent, guardian, or their primary care provider. Per the Student Handbook, **“Injuries or illnesses that exceed three (3) class periods require a note from a medical provider who can provide guidance for a more permanent solution for the student’s participation in physical activity”**.