

~~~November 2009~~~



# ~~Clinic Corner~~

~~~Ojibwa Elementary~~~



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~~Medications in School~~



Because of our concern for the safety of your children and their medications, the following procedures are implemented. Whenever possible, all medications should be given at home. However we understand this is not always feasible. When medications are required during school hours the following guidelines must be adhered to:

Prescription and Non-prescription Medication Forms are available in the office or online. They must be completely filled out and signed before the school is allowed to administer the medication. If there is any change in the dosage directions a new form must be filled out and signed.

All **prescription medication** must be in the original and current container showing the student name, medication name, date, dosage and frequency.

FYI... ask the pharmacist to split your prescription into two containers, one for home and one for school. For liquid medications don't forget to ask for an extra measuring cup. And if pills need to be split in half this can also be done by the pharmacist.

On all **non-prescription medication**, including cough drops, ibuprofen, creams, etc... we will call a parent to verify and avoid duplication before administering the medication. Non-prescription medications must be brought in their original container/box with the directions and dosage clearly visible.

If your child is in Latchkey and requires medication you will need to provide it for them also, along with a copy of the medication form.

All medications must come into the office with a parent. Please do not send medication, prescription and non-prescription, in with a student.

At the end of the school year all medications must be picked up by a parent within 2 weeks from the last day of school. Any medication not picked up by a parent will be properly disposed of.

Thank you for your help in keeping our students safe by following these guidelines. If you have any questions or concerns please give us a call.

Tips for Taking Care of Children (and other household members)

Stay home if you or your child is sick until at least 24 hours after there is no longer a fever or signs of a fever (**without the use of a fever-reducing medicine**). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Stay home even if taking antiviral medicines.

Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.

Keep sick household members in a separate room in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick person.

Monitor the health of the sick child and any other household members by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, the sick person might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.



While we try to teach our children all about life, Our children teach us what life is all about.
~Angela Schwindt

What are the symptoms of the flu?

Symptoms of seasonal flu and 2009 H1N1 flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people sick with the flu will not have a fever.

A Few Good Websites:

- macombcountymi.gov/publichealth
- <http://www.cdc.gov/>
- <http://www.webmd.com/>
- <http://www.flu.gov/>