



Guidelines for When to Visit the Health Office

1. **Contact the Health Office prior to sending a student.** Temperatures will be taken before entry into the Health Office.

2. In order to prevent potential exposure to infectious diseases, promote isolation, and decrease health office congestion please note that students do **NOT** need to present to Health Office with the following common situations:
 - a. Paper cuts, small abrasions, old, healed scabs (often sore or itches)

Have them wash hands and apply band aid if needed. The Health Office can provide you with band aids for your classroom.
 - b. Soreness from an old injury

If there is no bump, bruise, swelling or redness. No ice should be given if the injury occurred more than 24 hours ago.
 - c. Minor headaches and/or fatigue

Allow the student to get a snack and/or drink water first. Check in after 30 minutes
 - d. Mild stomach upset

Allow the student to use the restroom, drink water, and have a snack first. Check in after 30 minutes
 - e. When someone else thinks he/she "looks" sick or feverish, but the student feels fine.

f. Localized bug bite (not bee sting)

If no allergy history and no rash is observed, then apply a cool paper towel to the area to help soothe and prevent scratching.

g. Anxiety/Stress/Psychosocial Issues

If not affecting breathing or medical health, then try a snack, redirection, or please refer to guidance or other applicable services for collaboration.

3. A student may independently ambulate to the Health Office for variety of individualized needs with proper PPE, unless the following symptoms are present:

a. Confusion/ "doesn't seem to be themselves"/disorientation

b. Decreased level of consciousness

c. Shortness of Breath/Respiratory Distress

d. Dizziness/Lightheadedness

e. Spinal Cord Injury/Head Injury complaining of neck pain - DO NOT MOVE POSITION

f. Vision impairment

g. Diabetic "Lows"

h. Excessive, uncontrolled bleeding

i. Your personal best judgement based off reported condition as directed by school nurse

Students need to stay in place for Nurse in-person evaluation and/or require support to the health office if any of the #3 a-i criteria are met, or per staff best judgement.

If it is an emergency, 911 should NEVER be delayed. Activate EMS. Call for help.