

Brunswick School Department

Guidelines for Health Office Visits

Call the School Nurse Immediately for:
Loss of Consciousness
Accidents or falls where the head, neck, spine or upper leg is injured
Do Not Move an Injured Student

The **Classroom Teacher** should initiate all Health Office visits unless there is an **immediate** need to see the school nurse.

Goal: to keep the student in class so they do not miss valuable instruction time

A student should be seen in the Health Office for the following:

1. Exhibits symptoms of an allergic reaction that can include shortness of breath, wheezing, repetitive cough, pale, blue, dizzy, faint, tight throat, trouble breathing / swallowing, swelling of tongue / lips, hives /redness over the body, vomiting, severe diarrhea, anxiety, confusion
2. Exhibits symptoms of a known chronic illness such as asthma, diabetes, migraines, etc.
3. Headache, stomachache, sore throat, not feeling well that **persists** beyond 60 minutes, or is severe (not when someone thinks the child looks sick or feverish and they feel fine)
4. Significant / repeated vomiting (not spitting up or phlegm)
5. Serious bleeding
6. Deep or gaping cuts (not older healing /scabbed abrasion)
7. Puncture wound
8. Animal or human bite
9. Symptoms of infection that include redness, heat, pain, swelling or pus anywhere on the body
10. Earache
11. Rash
12. New injuries to the bones, joints, head, eyes, ears, face (ice will not help an injury older than 24 hours)
13. Nose bleed: pinch own nose closed, breathe through mouth and walk to the Health Office (not scant blood blown on a tissue)
14. Red, itchy eyes **with discharge**
15. Suspected head lice

Self-care Guidelines:

1. Chapped lips: cover with a thin layer of Vaseline
2. Minor abrasions / scrapes: wash with soap and water then cover with a Band-Aid
3. Mosquito / insect bites with localized itching only: apply a cool wet paper towel
4. Closed blister: apply Band-Aid to prevent further friction
5. First indication of a stomachache, headache, nausea, dizziness or not feeling well: Rest head on a desk, go to the bathroom, get a drink, set trash can beside the desk, see if lunch helps, wait a little while to see if it will go away
6. Loose teeth with little or no bleeding: rinse mouth with water
7. Itchy eyes: apply cool wet paper towel