Being able to interpret a child’s wants and needs is complicated. We want the student to remain in the classroom to learn, but occasionally there are health “needs”. I have created this chart as guidance as when and how to address common ailments and what warrants a visit to the office/nurse. We are entrusted to teach what requires advanced care and what they need to work through on their own.

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| **GREEN** – Good to go, students can remain in class  -----BOO BOO’s, Small cuts, scrapes, hangnails, bitten nails, or paper cuts can be handled in the classroom and recess packs – apply or have the child apply band aid– allow to wash hands if needed  ----Chapped lips – have child stop licking lips, have them take a drink of water. When available, give small amount of Vaseline to child. Until then have child wait until after lunch to go to the office/nurse.  ----Sinus congestion/drainage –Can remain in class. Occasionally sinus drainage can irritate the throat and cause an upset stomach. Encourage fluids and blowing nose. |
| **YELLOW** – WAIT 30 minutes  These circumstances children can wait 30 minutes. During this time interventions like bathroom visit, drink of water, rest head on desk should be attempted **before** sending to nurse/office.  ----Bug Bites – talk to the student about not itching, apply cool wet paper towel to site. If multiple bites or is chronic wait 30 minutes and take above steps, then if not improved or resolved send to office/nurse  ----Brain/Headaches – 30 minute rule… have the student get several good drinks of water. Have the student use the restroom. Check if the student has eaten breakfast. After 30 minutes and no improvement send to office/nurse.  ----If the student has hit their head send to office/nurse.  ---- ----Belly pain/Bowels – 30 minute rule….Check if the student ate breakfast. Have the child use the restroom. Stomach aches can occur after physical activities like recess or PE, apply 30 minute rule. ,If the stomach ache occurs with in 1 hour after eating and and/or physical activity (PE or recess), encourage using the restroom, bowels move after meals/activity.  ---- Sore Throat- Encourage drinking, minimize talking. Throats can become sore from dryness, sinus drainage, allergies, colds, and other irritations. Sore throat associated with fever should be sent to the office/nurse. |
| **RED** – To the office now – urgent  ----Barf – Go to the office/nurse. No waiting  ----Burning up/fever – If the student is flushed warm and is not behaving normal send to office. If the student is hot and sweaty from activity or the weather make sure they get a drink and allow them to cool down. (30 minute rule)  ----Bones – If you suspect a sprain or broken bone send to the office/nurse  ----Breathing – Trouble breathing should be sent to the office. If the student has an inhaler and is independent with the inhaler have them use it immediately then send to the office/nurse. Abnormal breathing like uncontrolled coughing, wheezing, and rapid breathing send to office/nurse  ----Bloody nose – have student apply pressure (pinch) lower bridge of nose and lean head forward. Apply pressure for 3-5 minutes, NO PEEKING. If it is minimal and stops have them clean up and wash hands. |

A couple other conditions that you may come across and guidance:

Eye issues (Pink eye) True pink eye is pink/red color of the white of the eye AND thick yellow/green drainage) If the student touches or itches the eyes and can’t stop they need to be excluded and receive medical treatment. If the student is able to not touch the eye they can remain in school, but parent should still be notified. Itchy, watery, irritated, red eyes with clear or white drainage is likely do to colds and allergies. Student is to remain in school, the student may use a cool cloth for 10-15 minutes to make the eyes feel better.

Ear Pain – Ear pain, while uncomfortable is not exclusionary. Ear pain can be a result of colds, sinuses issues, and infections all of which the child if able can remain in school. Even ear drainage, the student if able can remain in school. Parents should be contacted with ear pain accompanied with drainage. Encourage the student not to touch the area, a cotton ball can be placed to absorb drainage, and OTC pain management may be used for Ear Pain.

Behavior – Bizarre behavior is something that teachers are keenly aware of. If a student has a bizarre change in behavior that change should be documented and reported to the parent.

Skin issues - Unknown rashes and skin irritations can be of concern. Dryness, skin irritants and allergens can create a variety of rashes along with different type of bacterial and viral infections. When in doubt on skin rashes send to nurse.