

## News from Your Health Office!

Solana Beach School District is committed to providing a healthy environment to promote exceptional learning in our schools. For the protection of your child as well as their classmates, please keep your child at home **until they are symptom free for 24 hours** and please notify the school when ill. In order to prevent the spread of illness among our children, please do not send your child to school if there is evidence of any of the following:

- Fever higher than 100° (not to return until fever free **WITHOUT** medication for 24 hours)
- Vomiting and/or diarrhea (symptom free for 24 hours **BEFORE** returning)
- Rash **WITH** fever or rashes of unknown origin
- Upper respiratory infection and/or severe cold, especially if accompanied with thick or green/yellow nasal discharge and/or ear pain
- Sore throat, swollen glands or stiff neck, especially if combined with fever
- Known communicable diseases (i.e. Strep throat, chickenpox, pink eye, pertussis, etc),  
\*\*\***PLEASE** notify school with diagnosis

A cough spreads germs, and a cough that keeps a child up at night means they will be too tired to learn the next day!

**\*\*\*Remember, hand washing is the best way to stop the spread of germs!**

## Medication at School

We recognized that some children need to take medication at school. The following precautions must be observed for the safety of your child and others:

- A Physician's Authorization form (located on the district and school websites) must be completed and signed by you and your child's doctor (licensed in California). It must state the name of the medication, dosage, and time to be given. **ALL medication including over the counter must have a Physician's Authorization form.**
- Medication must be brought to the health office by an adult in the original prescription bottle and label or over the counter packaging. **Students are not permitted to carry ANY medicine or keep medicine in their backpacks while at school unless indicated by a physician (this includes cough drops).**
- We understand sometime medication needs to be transported between households. Please bring the medication to the health office at the beginning of the day and an adult can pick it up at the end of the day.
- If your child requires medication at school and the proper paperwork is not completed, a parent or an adult designated by the parent may administer the medication in the Health office.

**Thank you for your cooperation and for helping us keep your children healthy!**