

# Adolphus Elementary Clinic

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2020-2021

# From the nurse

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All required Student Medications that are to be given during the school day and/or emergency medications should be dropped off with the required paperwork from both the parent and physician.

The link for the appropriate paperwork can be found on the Adolphus website under "About" and then "Nurse's Notes" and the information will be located on the right-hand side of the screen.

For those students who need ADD/ADHD medication during school hours, the medication will need to be brought to the clinic by assigned appointment times along with the appropriate paperwork.

Controlled substance medication that need to be administered before school is encouraged to be given at home. If your child needs the medication twice a day, and your doctor feels that an extended release is not appropriate for your child, the second dose can be administered at school when provided with the appropriate paperwork.

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Because headaches, sinus/nasal congestion, sore throat, and some allergy symptoms overlap with COVID 19 symptoms, medications such as Tylenol, Motrin, Ibuprofen and decongestants in the clinic is strongly discouraged.



# Minor Issues

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Minor health issues will be treated in the classrooms such as paper cuts, bug bites (with exception for insect allergies), minor bumps, non-bleeding abrasions and minor nosebleeds. All classrooms will be provided with minor first-aid supplies and you are encouraged to contact the nurse should they have any questions or concerns. Also, for all children PK-3rd grade, please put a change of clothing in your child's backpack. This way if they have an accident or get wet/dirty on the playground, he/she can use their class restroom to change clothing.

Our goal is to reserve the clinic for students that are ill in order to mitigate the spread of COVID 19.



# Well and Sick Clinic

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## Well Clinic

- All other students with non COVID- 19 symptoms will be triaged in the well clinic, and if the nurse does not find a reasonable cause to send a student home, they will be sent back to class.
- Any student that has a medical condition which needs immediate attention will promptly be seen by the nurse (head injury, seizures, diabetic issues, etc).

## Sick Clinic

- Students displaying signs and symptoms will be triaged in the sick clinic and then placed in a quarantined area. Please be aware that these symptoms overlap with the flu, common cold, and strep symptoms and your school nurse is unable to diagnose. **Therefore all students who come into the clinic with one or more of these symptoms will be quarantined and the parent/guardian will be notified to pick his/her student up.**



# COVID 19 Symptoms

If a student is being picked up prior to dismissal due to illness, the parent or guardian is to remain in the car and call the front office. The nurse or appropriate staff member will escort the student to the vehicle. An ID will be required to be seen prior to releasing the student.

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Recent loss of taste or smell
- Cough
- Difficulty Breathing or shortness of breath
- Headache
- Chills
- Sore Throat
- Shaking and/or exaggerated shivering
- Significant muscles pain or ache
- Nausea/Vomiting/Diarrhea



# RETURN TO SCHOOL

Anyone with a lab-confirmed COVID-19 positive case, or individuals who meet the definition of close contact and at-risk exposure, may return to school or work when the following criteria are met:

- At least one day (24 hours) has passed since recovery (resolution of fever without the use of fever-reducing medications) AND the individual has improvement in symptoms (e.g., cough, shortness of breath); AND at least 10 days have passed since symptoms first appeared  
OR
- A release to return to school/work is provided by a medical provider  
OR
- The individual provides two negative tests at least 24 hours apart  
OR
- The 14-day quarantine expires with no signs of illness. *\*Only pertains to individuals at-risk of exposure*





# Close Contact & Exposure Guidelines

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- When a student or employee notifies the District that they have received a positive test result for COVID-19, the District will work with the employee or student to identify all individuals who are at-risk for exposure. An individual who meets the following criteria will be considered in close contact and having at risk exposure.

Being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers and case symptomology may affect this determination OR

Being directly exposed to infectious secretions (e.g., being coughed or sneezed on while not wearing a mask or face shield).

AND if either of the above occurred at any time in the last 14 days when the infected individual was considered infectious (at least two days prior to the onset of symptoms or two days prior to the test for asymptomatic individuals).



# Positive COVID-19 Test

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- Individuals with a lab-confirmed COVID-19 positive test or students and staff who come into close contact with a COVID-19 positive individual will be asked to self-quarantine for up to 14 days and may not return to campus during that time or until they meet certain criteria.



# Parents-We need your help!

## Tips to keep you child healthy.....

- Teach your child proper handwashing
- Ensure adequate sleep
- Healthy eating habits—provide a brain boosting breakfast
- Encourage imaginative play and exercise
- Keep your child home when they are sick

- In the past many of my most frequent visitors were students who didn't "feel good" often related to having a bad day at school, friend problems, test anxiety, or tired from staying up to late, or various other non-medical issues. I have always done my best to help them with a snack, or a nap, or just TLC. I love my babies but this year it is more important than ever that for their safety they do not come to the clinic unless they are truly sick or injured. Please have a serious conversation with your child about what constitutes a visit to the clinic. Let's work together to keep your children well!



A minimum of 2 emergency contacts (other than parents) must be added to Skyward. All students that are ill will need to be picked up within 30 minutes, and no longer than one hour. Please make sure your voicemail box is set up so that we may leave a message if needed. We are asking that you please check your phone frequently during the school hours.

The parents of students seen in the clinic by the nurse with medical issues, head injuries, etc. will be notified. However, you may not necessarily receive a call for a minor issue, especially for those minor issues that were treated in the classroom.

Students are discouraged to call/text their parent to be picked up from school because they are not feeling well. All students need to be seen by the nurse to determine if the student needs to be sent home. This will help us in keeping track of which students went home and why.



# FYI



## COVID-19 TESTING

By  
Appointment  
Only

**\*Same Day Appointments Available\***

Go to [www.fbchealth.org](http://www.fbchealth.org) to schedule or  
call 281-238-2363 if no internet access.

A healthcare professional will provide a testing site access code and further instructions. The line is operated from Monday through Saturday from 7:00am to 2:00pm.

### Testing Sites:

- Smart Financial Centre
- Fifth Street Community Center  
(Stafford)
- Gallery Furniture (W. Grand Pkwy)
- Seven Lakes Middle School

