



## Chelsea Intermediate School

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Welcome!! I am the full time nurse here at Chelsea Intermediate School. My hours are 8:15am to 3:45pm Monday thru Friday. I am available by phone or email. If your

child has any health concerns, a new diagnosis or changes in health status please contact me as soon as possible so we can discuss any accommodations and form a plan with all involved staff members.

### Illness

**Children need to be healthy to learn. Please keep your child home if they have...**

- Temperature over 100 degrees
- Vomiting or diarrhea in the last 24 hours
- Frequent uncontrolled cough
- Undiagnosed rash -

**Communicable disease**

### Wash your hands often.

Wash your hands thoroughly with soap and water for 20seconds, which is equivalent to singing "Happy Birthday" twice. *Frequent hand washing is the most effective way to avoid illness and to prevent the spread of germs.*

## **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated and then touches his or her eyes, nose or mouth.

## **Cover your mouth and nose when coughing and sneezing.**

Cover your mouth and nose with a tissue or your inner arm to avoid the spread of respiratory droplets.

## **Stay home when you are sick.**

Typically, symptoms of influenza include fever, sore throat, chills, cough, headache and muscle aches. Children seem to experience added abdominal discomfort as well. A student who has a fever (temperature over 100 degrees), persistent coughing, vomiting, or diarrhea should be kept home for at least 24 hours after the symptoms subside. **A student who has a fever should not return to school until 24 hours after the temperature has returned to normal.** This will help prevent others from getting sick.

## **Have a plan in advance will help ease the tension should your child become sick at home in the morning or while at school.**

**All medication at school (including over-the-counter) requires a parent and physician's signature on our district's School Medication Authorization Form. If your child needs medication at school for a food allergy, we also require that the Food Allergy & Anaphylaxis Emergency Care Plan (FARE) form be completed by a parent and physician as well.**

**All medical forms can be found under Registration on the right hand side of the main website. Click on registration and scroll down to the bottom of the page where all the medical forms can be found. Click on the needed forms and print. Please fill them out and return to the nurse with a physician signature and medication if needed.**