



## 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 and parent and physician as well.**

**All medical forms can be obtained on the website. Click on Parents & Students, scroll down under parent information to forms. Click on the needed forms and print. Please fill them out and return to the nurse with a physician signature and medication if needed.**