



CCS Healthroom Policy 2025-2026

Each of us doing our part enables us to help keep our student body healthy and safe, so we ask that you please familiarize yourselves with the following policies.

- **Absences:** Any non-pre-excused absence **MUST** be cleared by the school nurse and school administrator before the student may return to school. Symptoms will be discussed, and the nurse and/or administrator reserves the right to require a physician's note. The more information given in the most timely manner concerning a student's reason for absence, as well as symptoms experienced, facilitates not only the child's return to school but also the care of fellow students. Please note that all health-related details will be kept confidential unless otherwise requested. However, having the proper information will help us to better guide those in potential contact with a sick child. Please send all absence notifications, including pre-excused absence, to attendance@carrollchristian.com.
- **Late Arrivals:** Due to the current guidelines, late arrivals to school must be limited to excused reasons (ex: doctor appointment with documentation). If a student, or someone in the student's household, has not been well, and this causes late arrival to school, or if the student was absent the day before related to illness, we ask that the child remain home for the day. This is to ensure that symptoms are no longer present or worsening.
- **If your child has a fever, vomiting, or diarrhea:** If your child has a temperature of 100.0 or greater, vomiting, or diarrhea, he/she will be sent home for the day and may not return until free from symptoms for 24 hours. For an elevated temperature, this means that your student must not have a fever above **99.9** for 24 hours without the use of fever-reducing medications. Students sent home for vomiting or diarrhea must remain home for 24 hours after symptoms have resolved. If your student has a **known** medical condition causing these occasional symptoms, please provide physician documentation so we may take that into consideration when treating your child..

If you have any specific medical instructions from your doctor, please remember to submit them to the nurse at nurse@carrollchristian.com or the school office at ccs-administration@carrollchristian.com so the proper teachers/staff members can be updated on any restrictions. **DO NOT** just send it directly to the teacher.

For specific questions concerning health room policies or student medical updates, please contact the school nurse at nurse@carrollchristian.com. Copies of medical forms can be found under the "forms" section of the website.

HEARING AND VISION SCREENING: Hearing and vision tests will be administered once a year by the Health Department. Any abnormal results will be sent home to the parents/guardians to follow up for further evaluations with their family physician or optometrist.

IMMUNIZATIONS: The State of Maryland requires that we have a record of immunizations on file at the school. It is the parent/guardian's responsibility to keep an up-to-date record on file at the school. Those families that choose not to receive immunizations will need to keep a physician-signed or religious exemption form on file. Please contact the school nurse if this is the case to ensure the proper documentation is on file.

MEDICATION: Medication should be attempted to be given at home before or after school; however, if medication is needed during the school hours, the following instructions apply:

- All medication will require a physician-signed medication form.
- Both prescribed medications and over-the-counter medications require parental as well as physician consent, with the exception of acetaminophen (Tylenol), ibuprofen (Motrin) cough drops, and antibiotic ointment. Acetaminophen, ibuprofen, cough drops and antibiotic ointment will only require parental/guardian permission and will be given per the package directions.
- Secondary students (6th-12th grades) are allowed to carry non-medicated cough drops. Students are not permitted to share their supply of cough drops with other students.
- All medications requiring an order form will be provided by the parent/guardian. The first dose of a new medication must be given at home.
- Medication must be dropped off by a parent/guardian not the student.
- If an inhaler or an EpiPen is to be carried by the student during the school day and/or during school trips, a physician signed "self-carry" form must be on file.
- It is best to inform the school nurse if a non-routine medication has been given at home prior to coming to school for the day.
- With the exception of the inhaler or EpiPen, as noted above, students are not permitted to have any other medication with them while at school.

Please note: All medications will be discarded at the end of the school year if not picked up by the parents. Medications cannot be sent home with the students. The school is not responsible for holding medications past the end of the school year and will not hold them from one school year to the next.

CONJUNCTIVITIS (PINK EYE): Conjunctivitis is very contagious; therefore, in the event that pink eye is suspected, the school reserves the right to ask the parent/guardian to have the student remain at home and/or out of school until seen by a doctor and a treatment begun. If diagnosed with pink eye, antibiotics must be administered for 24 hours prior to the student returning to school. The school reserves the right to request physician documentation before the student may return to school.

LICE: If a student is suspected of having lice, a parent/guardian will be contacted, and the student must be taken home. The parent is responsible for seeking medical treatment and/or the use of at home treatments (ex: NIX, Rid, Lice MD, etc.) Upon returning to school, the child

must be accompanied by an adult to the health suite to be checked by the school nurse or medical technician before returning to class. There is not a “nit free” policy, however proof of treatment must be presented (such as an empty lice treatment shampoo bottle) before permission to return.

PHYSICAL RESTRICTIONS: Make sure that any physical restrictions (e.g. doctor’s excuse to sit out from gym, restrictions from using stairs, etc.) are turned into the office so that we can update the proper staff members regarding the restrictions. Giving instructions to a specific teacher does not always get relayed to all the appropriate staff. Written documentation is needed for a student to be exempt from physical education or to have special restrictions during school hours. In the event that a physical restriction requires a student to use the elevator, please make the office aware.

FIRST AID: First Aid will be administered on a case-by-case basis. Any severe bleeding, severe head trauma (loss of consciousness), broken bones, severe lacerations, or anything else constituting a medical emergency will be treated by emergency services. Parents/guardians will be contacted after the emergency has been controlled. Ambulance services will be used as needed. The closest emergency room to the incident will be utilized.

For minor first aid needs or acute illness, medical attention will be administered by the school nurse, medical technician, or trained staff member. The parent/guardian will be notified of the incident or illness and the child may remain in school or may need to be picked up by the parent/guardian.

SPORTS PHYSICALS: Any student participating in a team sport must submit a yearly athletic physical. This is a Maryland State Requirement. Athletic physicals and parental permission slips must be filled out by the physician, signed by the parent/guardian and handed into the school nurse or office before a student is able to participate in the sport (practice or games).