**Thurgood Marshall ES**

**Health Room**



**Telephone**: 240-740-5992

**School Nurse**:  Alexia Park, RN, BSN, SCHN

**Email:** [Alexia\_N\_Park@mcpsmd.org](mailto:Alexia_N_Park@mcpsmd.org)

**Health Technician**: M. Luisa Gonzales, CMT, CNA, SHRT

**Email:** Maria\_L\_Gonzales@mcpsmd.org

**When to keep your child home from school:**

**IMPORTANT SIGNS OF ILLNESS**

* Temperature 100 degrees or more
* Nausea or Vomiting
* Stomachache
* Diarrhea
* Pale or Flushed Face
* Headache
* Persistent Cough
* Earache
* Thick yellowish discharge from nose
* Sore Throat
* Rash or Infection of the Skin
* Red or Pink Eyes
* Loss of Energy or Decrease in Activity

When your child is sick, keep him/her home from school. This not only benefits your child but other children at school. If any of these symptoms persist for more than 24 hours, you should contact your private source of medical care. There may be times that your child does not show signs of the above symptoms but may be ill. It is up to you to be alert to your child’s health and decide when it is best to send him/her to school.

**WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?**

**The Center for Disease Control recommends that individuals stay home “until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit) or signs of a fever (chills, feeling warm, flushed appearance or sweating) without the use of fever reducing medicine.”**

To prevent the spread of illness, we suggest that students be free from diarrhea, vomiting and for throat/ lung infections it is best to take antibiotic for 24 hours before returning to school. Please call the Health Room if your child has any activity restrictions such as a new injury, concussion and or asthma. Please call the School Nurse if you have any questions regarding a specific condition.

**WHAT WILL HAPPEN IF MY CHILD BECOMES ILL AT SCHOOL?**

If your child complains of being sick or does not look well, we will contact you. Therefore, it is important that you provide the school with UP-TO-DATE information and phone numbers to call in case it is necessary to contact you. Your child must be picked up in a timely manner.

HANDWASHING is the best way to help prevent the spread of germs. Please reinforce the importance of handwashing during the school day.

**A NOTE ON MEDICATION POLICY**

We recommend children receive medication at home whenever possible. In the event that your child needs to receive medication during the school day, please note the following key points:

* **ALL medications, including Over the Counter Medications** require a physician’s written authorization (Authorization to Administer Medication, form 525-13) This form may be downloaded from the MCPS website or picked up from the Health Room. Parents need to sign off on all forms. All medications must be in original sealed containers. This includes cough drops.
* **Prescription medications** must be in a container with a pharmacist’s label attached, the name of the child and dosage printed on the label.

For the safety of your student, as well as other students at school, all medications must be delivered by a parent, guardian or designated adult. Please Do Not send medication with your child.

**\*\*\*\*\*Under no circumstances will the school administer medications or allow children to take medication without a required MCPS medication form completed by a physician and parent and approved by the nurse.**

As always, please feel free to contact the Health Room with any questions or concerns by phone 301-670-8249.

**MCPS HEALTH FORMS FOR MEDICATION ADMINISTRATION**

[**Authorization to Provide Medically Prescribed Treatment**](https://www.montgomeryschoolsmd.org/departments/forms/pdf/525-12.pdf)**(MCPS 525-12) (for ex. Nebulizers)**

[**Authorization to Administer Prescribed Medication**](https://www.montgomeryschoolsmd.org/departments/forms/pdf/525-13.pdf)**(MCPS Form 525-13) (all meds like Benadryl, Inhalers & over the counter meds – not for Epipens)**

[**Management for Anaphylaxis Form**](https://www.montgomeryschoolsmd.org/departments/forms/pdf/525-14.pdf)**(MCPS 525-14) (for Epipens)**

**MCPS HEALTH FORMS REQUIRED FOR ENROLLMENT**

Form SR-6: [Health Inventory](https://ww2.montgomeryschoolsmd.org/departments/forms/pdf/sr-6.pdf) (parent and medical provider must complete)

Form DHMH 896: [Maryland Department of Health and Mental Hygiene Immunization Certificate](https://phpa.health.maryland.gov/OIDEOR/IMMUN/Shared%20Documents/MDH_896_form.pdf) (for health provider)

[Maryland DHMH Blood Lead Testing Certificate](https://ww2.montgomeryschoolsmd.org/departments/forms/pdf/dhmh%204620.pdf) (must have an actual test, not a screening) – for PEP/PreK, Kindergarden and 1st Grade

[Dental Health Form](https://ww2.montgomeryschoolsmd.org/departments/forms/pdf/525-17.pdf) (for dentist/dental hygienist)