

Health Related Matters

Melissa ISD School Health Services follows the guidelines set forth by the Texas Department of State Health Services (TDSHS). For more information regarding the TDSHS, please see your school nurse or access the nurse's link on the district's website at www.melissaisd.org.

Emergency Medical Treatment and Information

If a student has a medical emergency at school or a school related activity when the parent cannot be reached, the school will need to have written parental consent to obtain emergency medical treatment, and information about allergies to medications, foods, insect bites, etc. Therefore, parents are asked each year to complete a health history form and emergency care consent form. Parents should keep emergency care information up to date (name of doctor, emergency numbers, allergies, etc.). Please contact the school nurse to update any information that the nurse or other school staff needs to know.

Communicable Diseases/Conditions

To protect other students from contagious illnesses, students infected with certain diseases are not allowed to come to school while contagious. If a parent suspects that his or her child has a communicable or contagious disease, the parent should contact the school nurse or principal so that other students who might have been exposed to the disease may be alerted.

Any student who has had, or is suspected of having a communicable disease is required to submit a certificate from a qualified medical practitioner indicating the advisability of that student attending school. Parents will be notified if their child is to be excluded for health reasons. It will be the responsibility of the parent to transport the child from school. A child will be readmitted to school when he/she meets the standards set forth by the Texas Department of State Health Services for contagious disease control. For a complete list of medical conditions which warrant exclusion from school, please see your school nurse or access the nurse's link on www.melissaisd.org.

The school nurse will use his/her clinical judgment regarding illnesses or situations that warrant further medical evaluation and/or exclusion from school including but not limited to the following:

1. Temperature of 100 degrees Fahrenheit or above. Temperature must be below 100 degrees Fahrenheit for 24 hours without the use of fever reducing medications for readmission to school.
2. Undetermined rash over any part of the body.
3. Pain and/or swelling at the angle of the jaw.
4. Scaly patches on the body which may indicate ringworm.
5. Nausea and vomiting, and diarrhea.
6. Red, draining eyes with pus formation and/or crusts (pink eye or conjunctivitis).

Pediculosis/Head Lice

Symptomatic children will be discreetly referred to the school nurse for an individual screening.

Parents of a child with lice/nits will be asked to pick up the child from school to start treatment at home as soon as possible. Educational materials concerning the treatment and prevention of head lice will be sent home for the parents of a child with a louse infestation. The child must be treated with a pediculicide and combed for nits before returning to school. After confirmation that treatment was started, a child can return to school.

Students returning to school after treatment will be examined by the nurse before they return to class. A child will not be permitted to return to class if a live louse infestation is still present. A second pediculicide treatment must occur 7 to 10 days after the initial treatment.

Bacterial Meningitis

State law requires the District to provide the following information:

What is meningitis?

Meningitis is an inflammation of the covering of the brain and spinal cord. It can be caused by viruses, parasites, fungi, or bacteria. Viral meningitis is the most common and least serious. Bacterial meningitis is the most common form of serious bacterial infection with the potential for serious, long term complications. It is an uncommon disease, but requires urgent treatment with antibiotics to prevent damage or death.

What are the symptoms?

Someone with meningitis will become very ill. The illness may develop over one or two days, but it can also rapidly progress in a matter of hours. Not everyone with meningitis will have the same symptoms.

Children (over 1 year old) and adults with meningitis may have a severe headache, high temperature, vomiting, sensitivity to bright lights, neck stiffness or joint pains, and drowsiness or confusion. In both children and adults, there may be a rash of tiny, red-purple spots. These can occur anywhere on the body.

The diagnosis of bacterial meningitis is based on a combination of symptoms and laboratory results.

How serious is bacterial meningitis?

If it is diagnosed early and treated promptly, the majority of people make a complete recovery. In some cases it can be fatal or a person may be left with a permanent disability.

How is bacterial meningitis spread?

Fortunately, none of the bacteria that cause meningitis are as contagious as diseases like the common cold or the flu, and they are not spread by casual contact or by simply breathing the air where a person with meningitis has been. The germs live naturally in the back of our noses and throats, but they do not live for long outside the body. They are spread when people exchange saliva (such as by kissing, sharing drinking containers, utensils or cigarettes). The germ does not cause meningitis in most people. Instead, most people become carriers of the germ for days, weeks, or even months. The bacteria rarely overcome the body's immune system and cause meningitis or another serious illness.

How can bacterial meningitis be prevented?

Do not share food, drinks, utensils, toothbrushes, cigarettes, etc. Limit the number of people that you kiss.

While there are vaccines for some strains of bacterial meningitis, they are used only in special circumstances. These include when there is a disease outbreak in a community or for people traveling to a foreign country where there is a risk of getting the disease. Also, a vaccine is recommended by some groups for college students, particularly freshmen living in dorms or residence halls. The vaccine is safe and effective (80-95%). It may cause mild side effects, such as redness and pain at the injection site lasting up to 2 days. Immunity develops within seven to ten days after the vaccine is given and lasts for up to five years.

What should you do if you or a friend might have bacterial meningitis?

You should seek prompt medical attention.

Where can you get more information?

Your school nurse, family doctor, and the staff at your local or regional health department office are excellent sources for information on all communicable diseases. You may also call your local health department or Regional Texas Department of Health office to ask about meningococcal vaccine. Additional information may also be found at the Centers for Disease Control and Prevention (www.cdc.gov) and the Texas Department of State Health Services (www.dshs.state.tx.us).

Immunizations

A student must be fully immunized against certain diseases or must present a certificate or statement that for medical reasons or reasons of conscience, including a religious belief, the student will not be immunized. For exemptions based on reasons of conscience, only official forms issued by the Texas Department of State Health Services Immunizations Division can be honored by the district. The immunizations required are: diphtheria, rubeola (measles), rubella, mumps, tetanus, polio, pertussis, hepatitis A for pre-K students, hepatitis B, and varicella (chicken pox). The school nurse can provide information on age appropriate doses or on an acceptable physician validated history of illness required by the TDSHS. Proof of immunization may be personal records from a licensed physician or public health clinic with a signature or rubber stamp validation.

If a child should not be immunized for medical reasons, the parent must present a certificate signed by a U.S. licensed physician stating that, in the doctor's opinion, the immunization required poses a significant risk to the health and well being of the child or any member of the child's family or household. This certificate must be renewed yearly unless the physician specifies a life long condition. For further information, see policy FFAB and the TDSHS website @ www.dshs.state.tx.us.

As outlined by the TDSHS; the school nurse or school administrator will review the immunization status of an enrolled student every 30 days to ensure continued compliance in completing the required doses of vaccination. If, at the end of the 30 day period, a student is not in compliance, the school will exclude the student from school attendance until the required dose is administered.

Physical Examinations/Health Screenings

Students enrolled in the District, as required by state law and at certain other times, will receive health screenings including hearing, vision, spinal, and acanthosis nigricans.

All students who participate in UIL athletic events will present the results of a recent physical examination that certifies the student's fitness to participate. Proof of insurance will be required.

Medicine at School

District employees will not give a student prescription or non-prescription medication, herbal substances, or dietary supplements with the following exceptions:

1. Prescription and nonprescription medications are provided by the parent, with a written request, and in the original properly labeled container.
2. If the medicine requires the use of a dosage cup, syringe, etc. these supplies will be provided by the parent to be kept with the medication.
3. Herbal or dietary supplements provided by the parent if required by the student's individualized education program (IEP) or Section 504 plan for a student with disabilities.

In certain emergency situations, the District will maintain and administer to a student nonprescription medication, but only:

1. In accordance with the guidelines developed with the District's medical advisor.
2. When the parent has previously provided written consent for emergency treatment.

A student with asthma who has written authorization from his/her parent or physician or other licensed health provider may be permitted to possess and use prescribed asthma medications at school or school related events. The student and parent(s) should see the school nurse or principal if the student has been prescribed asthma medication for use during the school day.

Steroids

Parents and students should be aware that state law prohibits students from possessing, dispensing, delivering, or administering an anabolic steroid. Anabolic steroids are for medical use only, and only a physician can prescribe use.

Under state law, body building, muscle enhancement, or the increase of muscle bulk or strength through the use of an anabolic steroid or human growth hormone by a healthy student is not a valid medical use and is a criminal offense.

Psychotropic Drugs

Teachers and other District employees may discuss a student's academic progress or behavior with the student's parents or another employee as appropriate; however, they will not recommend use of psychotropic drugs. A district employee who is a registered nurse, an advanced nurse practitioner, a physician, or a certified or credentialed mental health professional can recommend that a student be evaluated by an appropriate medical provider, if appropriate.

Psychotropic drug means a substance used in the diagnosis, treatment, or prevention of a disease or as a component of a medication and intended to have an altering effect on perception, emotion, or behavior. It is commonly described as a mood or behavior altering substance.

Tobacco Prohibited

The District and its staff strictly enforce prohibitions against the use of tobacco products by students and others on school property or at school-related activities. (See the Student Code of Conduct and policy GKA).

School Health Advisory Council

Information regarding the District's School Health Advisory Council (SHAC), including the dates of meetings scheduled during the year and minutes from previous meetings, is available from the campus principal or on the District's website at www.melissaisd.org.

Asbestos Management Plan

The District's asbestos management plan, designed to be in accordance with state and federal regulations, is available at the Administration office.

Pest Control Information

The District applies only pest control products that comply with state and federal guidelines. Except in an emergency, signs will be posted 48 hours before application. Parents who want to be notified prior to pesticide application inside their child's school assignment area may contact the principal.