

Timely reminders from the Health Office

Health Notes

- Every day, a student comes to the Health Office asking for pain reliever, Tums or cough drops. Due to California State Law, schools may not keep any medications of any kind on campus for students unless prescribed by a doctor and an authorization signed by the parent is on file. ***This includes over the counter medications.*** The Authorization for Medication form is available in the Health Office or online under Registration Info.
Students may not carry any medications on campus unless it is an Epipen or inhaler, authorized by parent and doctor with the signed authorization turned in to the Health Office. After the form is signed, parents must bring it to the Health Office with a sealed bottle of the medication where it will be available for use by their student after it is signed in.
- Please contact the Attendance Office for any changes to phone or address as an emergency may occur where we need to contact you immediately.
- If your student calls you and complains of illness please tell them to report to the health office.
- Please report any diagnosed contagious diseases to the Health Office.

Please keep your student home for 24 hours under the following conditions:

- after fever over 100 degrees F (37.5 C) has broken without using medication
- after vomiting has stopped
- after starting antibiotics, including those for eye and skin infections.

If you have any questions, please contact the Health Technician at (858) 755-155 ext. 4414 or Maryanne Dittman, R.N. B.S.N., District Nurse at (858) 755-1558 ext.4450.

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