

Health Office FAQ's

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Q: What immunizations are required for my student to go to school in RUSD?

A: Immunization requirements include Polio, DTaP, MMR, Hepatitis B, and Varicella. Students entering 7th grade will be required to show proof of a Tdap booster shot (Tetanus, Diphtheria and Pertussis) received on or after the child's 7th birthday. Proof of Tdap booster is required before admission into 7th grade. Please visit www.shotsforschool.org for a list of required immunizations and updated information.

Q: What do I do if my child needs medication at school due to a medical condition or a life-threatening allergy? (Includes all inhalers, EpiPens, and any over-the-counter medication.)

A: Students who require prescribed or over-the-counter medication during school hours may be assisted by the school health assistant or other designated trained personnel. An **RUSD Administration of Medication During School Hours Form (#26-9637)** needs to be completed by the student's physician. Parent/guardian needs to check in all medication to the health office with the completed form. Medications should be new, sealed, and with a pharmacy label attached. [CLICK HERE](#) for the RUSD Administration of Medication form.

Q: Can I send my child to school with over-the-counter medication in their backpack?

A: **No.** Due to safety concerns, students are not permitted to carry any kind of medication, including over-the-counter medication, on their person while at school or school sponsored events. Only under certain conditions and prior RUSD authorization has been granted by school officials, may a student carry a medication on his/her person. The only acceptable over-the-counter items that students may carry in their backpacks without a physician authorization are Chap Stick, contact lens solution, mentholated/non-mentholated throat lozenges, sunscreen, dental wax, and hand lotion (not including Caladryl lotion).

Q: What are some health reasons that my child should not be at school?

A: To protect the health of all students and in accordance with California Education Codes, students shall be excluded from school whenever there is reason to believe the child has a recognized contagious or infectious disease. Please do not send your child to school if he or she has any of the following symptoms:

- Common cold: Keep home during period of productive cough and yellow or green nasal discharge
- Eyes that are red, swollen, crusting or draining: The student may return to school when the eyes are clear or a doctor's note states "non-contagious" or "under treatment."

- Fever (over 100 degrees): Please keep your child home for at least 24 hours after the onset of a fever. If a student is sent home from school with a temperature greater than 100° F, the student MAY NOT return to school the next day.
- Vomiting/Diarrhea: If the student has vomited or had diarrhea please do not send the student to school. The student must be free from vomiting/diarrhea for 24 hours before returning.
- Skin rashes: A skin rash of unknown origin or a contagious rash requires a clearance from a health care provider that states the student may return to school. Otherwise, the student may return when the rash has cleared.

If a pupil is at school with any of the above, the parent/guardian will be called to pick up the pupil. Please refer to the RUSD Parent Handbook for more details about exclusions for health reasons.

Q: If my child needs to be excused from any PE activity following an injury or illness, what form do I need to complete?

A: If your student requires modified or limited PE activity due to injury or illness, please have your student's physician complete a ***RUSD PE Modification Form*** or you may bring in a doctor's note indicating the type of injury, any activity restrictions, and the duration of the restriction. Please keep in mind- these forms do not completely exclude a student from specific PE assignments. [CLICK HERE](#) to access the ***RUSD PE Modification Form***.

Q: Does my student need a doctor's note to use crutches, a cast, splint, wrap, or brace on campus?

A: Yes. Students who are required to use crutches while attending school MUST provide a medical release from their physician or physical therapist. If the medical release from the physician or physical therapist does not indicate that the student requires the use of crutches, the student must be evaluated by a District school nurse to determine whether or not it is safe for the student to be on a public school campus while using crutches. For students on campus with a splint, cast, brace, or wrap- a doctor's note or completed PE Modification form must be completed and turned in to the health office.