

Your School Health Office Welcomes You!

In Maine, school nurses care for all students, promoting health and well-being, keeping students in school, and connecting families with community partners. Some services your school nurse can provide:

- monitoring chronic health conditions
- administering medication
- developing individual health plans
- monitoring immunization compliance
- providing first aid
- preparing for emergencies
- performing valuable health screenings including vision, hearing, oral health, and emotional health

School nurses would like students to know that it's ok to come to the nurse for consultation, medication, health, and wellness.

Important things to tell the nurse:

It is important to communicate with the school nurse. Complete the attached [Annual Medical Form](#) with as much information as you can, so the nurse is ready to care for your child. The information you provide is confidential, and the school nurse will only provide it to individuals who need to know to keep your child safe. Provide your preferred method of contact. Please include emergency contacts for times you cannot be reached. In an emergency when assistance is needed and emergency contacts are not reached, the healthcare provider will be contacted and if necessary 911 (emergency services) will be called.

If you have any dietary restrictions, or cultural beliefs that would change the way your school nurse would care for your child, provide that information, as well as what may comfort your child.

Some common questions:

When do I need to see a doctor, instead of the school nurse? If your child becomes ill or injured during the school day, the school nurse can make an assessment to help decide if further medical attention is needed; however, do not send your ill or injured child to school for such an assessment. If in doubt, call your school nurse: (207-_____)

When does my child need to stay home? In general, children stay home when they have, or have had a fever, vomiting, or diarrhea in the last 24 hours.

When can my child return to school after illness? There are different guidelines depending on the illness, so please call your school nurse for specifics. For most common illnesses, your child should stay home until symptoms are improved, your child feels well and has been fever-free for 24 hours without the use of fever-suppressing medications. Fever is a temperature of 100.4°F (38°C) or higher.

My child went to the doctor and got an immunization. Why do we need to go again? It may take more than one appointment to get caught up on immunizations based on the immunizations your child needs, and that is ok.

Help Me Grow is a compilation of resources for families. <https://www.maine.gov/dhhs/ocfs/support-for-families/child-development>

What is the MaineCare enrollment process? Call 211 for help. To learn more about MaineCare visit: <https://www.maine.gov/dhhs/ofc/programs-services/health-care-assistance>.

How do I find a doctor, dentist, or mental health provider? Call 211 for help. If you have health insurance, your insurance carrier can let you know what doctors are in network. Your school nurse may know local providers, in your area, that are accepting new patients! Here are a few tools that may help:

<https://mainehealth.findhelp.com/> or <https://northernlighthealth.org/Find-Help>

If translation services are needed, contact school administration for the district Language Access Plan.