

## Fort Zumwalt School District HEALTH CARE INFORMATION

Dear Parent or Guardian:

The Fort Zumwalt School District, with parent/guardian written consent, will provide basic treatment for minor illness and injury while at school. The district may also administer the following non-prescription, over-the-counter medications, based on nursing assessment, with parent/guardian consent:

### **Anti-itch**

Benadryl cream  
Caladryl/Calamine lotion  
Hydrocortisone cream 0.5%  
& 1%

### **Eye Care**

Contact lens  
solution/lubricating drops  
Saline solution eye  
wash/irrigation  
Allergy eye drops

Visine eye drops

### **Oral/Dental**

Anbesol/Oragel  
Chapped lip ointment  
Sore throat spray  
Salt for gargle  
Vaseline Petroleum  
Dental wax

### **Wound care**

Bactine/Wound care wash

Burn cream

Triple Antibiotic ointment

### **Miscellaneous**

Isopropyl alcohol  
Aloe Vera  
Baking Soda  
Hydrogen peroxide  
Non salicylate muscle rub  
Sting Kill (for insect bites)  
Antacids/Tums  
Vaporub

\*generic version of all OTC medications are acceptable

**Acetaminophen:** – registered nurse can give acetaminophen ten (10) times only during the school year for a headache, pain, fever, injury or menstrual pain. **The parent/guardian must give verbal permission.** If your student requires District provided acetaminophen more than 10 times, the parent will have to provide the medication.

### **Emergency Medication**

In an effort to serve the students of the Fort Zumwalt School District, as well as meet the medication guidelines of the State of Missouri and policies set by the School Board, the following emergency medication should be available:

**Albuterol:** – (aerosol) for asthma related reactions in emergency, potentially life threatening situation

**Benadryl tablets/liquid:** - for allergic reaction

Age 5-11: Benadryl liquid 1-2 tsp. or 25 mg X1 for allergic reaction without signs of anaphylaxis if parents cannot be reached

Age 12 – 21: Benadryl 1 or 2, 25 mg capsules X 1 for allergic reaction without signs of anaphylaxis if parents cannot be reached

**Epi-Pen:** emergency use for allergic reaction/anaphylaxis

**Glucose testing:** supplies for emergency testing of diabetic students only

**Oxygen:** emergency use

**\*State law requires parental consent in order for the school nurse to treat your child\***

**\*Please sign the “Health Inventory and Health Care Consent Form”\***