

# Health Services Information 201/17

## Overview

School nursing is a specialized practice of professional nursing that advances the wellbeing and academic success of students and supports staff and faculty in areas related to health and wellness.

There is a nurse on every campus:

- Lower School, Wädenswil Campus: office is open Monday to Friday from 8:30 a.m. to 4.30 p.m.
- Middle School, Kilchberg Campus: office is open Monday to Friday from 8:30 to 4:30 p.m.
- Upper School Campus: office is open Monday to Friday from 8:30am to 5:30 pm
- ECC Campus. Kilchberg: office is open Monday to Friday from 8:15 a.m. to 3:15 p.m.

Students should always inform their class teacher if they need to see the nurse, unless it is an emergency situation. A student may make their own appointment or just drop in during opening times e.g. lunch time, before or after school.

## School Physical Examinations

ZIS requires that a complete online medical health form is submitted prior to a student's attendance in classes and activities at school. The school nurse manages the health of your child based on the information given on this form, therefore it is important that the form be filled out completely, including emergency contact information, emergency treatment authorization, immunization records, and the authorization to administer medication. It is important that you review this information for every year that your child returns to ZIS, and inform us of any changes. Zurich international school strongly recommends that all students have regular health checks. The school medical service supports you in addition to your paediatrician or family doctor so that your child can go through school safe and ready to learn.

ZIS recommends that you arrange for the following examinations to be carried out at the following ages:

At Kindergarten level:

- Eyesight and hearing tests
- Measurement of height, weight and monitoring of growth
- Checking vaccination certificates and recommendation of necessary vaccinations.

At ages 10-12 year olds:

- Eyesight (distance and colour)
- Hearing
- Height, weight, spine
- Musculoskeletal system
- Booster vaccinations

At ages 13-16 year olds:

- Eyesight
- Hearing
- Height, weight, spine
- Musculoskeletal system
- Booster vaccinations

— ZIS follows the Swiss immunization plan:

<http://www.bag.admin.ch/ekif/04423/04428/>

- click on the Schweizerischer Impfplan 2015: Factsheet
- and also the city of Zurich school medical service recommendations (Stadt -Zurich Schulgesundheitsdienst) - please note that this information sheet refers to Kindergarten but it relevant to all students

<https://www.stadt-zuerich.ch/ssd/en/index.html>

## Medication During School Hours

The health offices routinely stock basic over-the-counter medications. Parents must sign the consent for treatment (found on the ZIS health form) which grants permission for the school nurse to administer medications during the school day as needed. At the ECC and Lower School, all medications are left with the nurse and administered in the health office. Please be aware that Lower School students are not permitted to carry their own medication in school or during school trips. In the Middle and Upper Schools, students are advised to inform the nurse regarding self-administered medications.

In Lower and Middle School if a student needs to take prescription medication during the school day this medication must be brought to the health office in the original container and, whenever possible, with a copy of the prescription from the doctor/physician. The student's name, dosage and time the medication should be given must be clearly noted on the container.

Students who have been tested for and diagnosed with severe allergies, asthma, epilepsy, diabetes, or any other medical condition requiring medication during school hours, must provide a supply of their medication and bring it to the health office.

- Asthma: inhalers and any regular medications that would be taken during school hours
- Severe Allergies: antihistamine tablets or creams, Epi-Pens
- Diabetes: glucose monitor, prescribed Insulin, glucagon injections, snacks, spare lancets, needles, and any other required equipment the individual may need
- Epilepsy: regular medications as well as their emergency medication

If your child has a chronic illness or health condition that could result in a life-threatening medical situation (diabetes, anaphylaxis, heart condition, seizure disorder, etc.) a meeting will be organized with the school nurse, and the parents, and an Emergency Care Plan will be developed. The Emergency Care Plan will identify and explain the medical condition and outline what to do in a medical situation. This plan will be distributed to all teachers/staff involved with the student.

### Allergies

Allergies are both common and might be dangerous. Passion Foods offer hot lunches to all students at ZIS. Passion Foods do not use any peanut or nut products in their service for children. ZIS advises parents to teach their child about their allergy and help the child learn the skills they need to keep themselves safe. There is no such thing as a 'peanut/nut free school'. A nut-free school environment cannot be guaranteed without bodily searching everyone and everything all the time. 'Peanut/nut-free' gives everyone a feeling of false security which in turn encourages complacency in the school about dealing with life-threatening allergies. There are other life-threatening triggers such as milk, wheat or egg, which would be impossible to ban.

A continuous awareness program brings protection. As children get older, they may wear a Medic-Alert ID or carry an EpiPen (as prescribed by their treatment plan), and will need to explain their allergy to others asking for their cooperation. By the time they are teenagers, these precautions will hopefully be a natural part of their life.

### Unwell students and the Procedure for Sending Students home

If the student is found to be unwell and unable to attend class, the student may rest in the health office for a period of time. If, however, the student is not better within an hour, the parents will be called. The decision to send a student home is based on the symptoms, how a student responds to treatment and the recommendation of the school nurse in conjunction with permission from a parent or guardian. If parents cannot be reached or are working abroad an alternate emergency contact (name/number) must be given. These people should be able to collect your child from school and care for her/him if considered necessary.

### Reasons to Keep a Child Home from School

In order to keep the school safe and healthy place for students, the nurse appreciates parents' cooperation in dealing with any possible communicable illness at school. Under no circumstances should sick children attend school, even with fever-lowering medication. If your child is ill, please inform the teacher before class. In each case of illness, under Article 36 of the Labour Law (Arbeitsgesetz ARG) parents may stay at home for up to three days to look after their sick child and to organise further care if needed. [www.stadt-zuerich.ch/schularzt](http://www.stadt-zuerich.ch/schularzt). Please send a note or medical certificate to the school nurse explaining the nature of the illness when your child returns to school.

Keep your child home from school if they exhibit any of the following:

- temperature above 38C or 100F
- uncontrolled cough or difficulty breathing
- vomiting twice within 24 hours
- persistent diarrhea
- moderate to severe headache, especially with fever
- red eyes with dark or 'crusty' discharge
- discolored nasal discharge
- moderate to severe ear pain
- the presence of skin rash, especially with other symptoms
- sore throat more than 48 hours, especially if accompanied by fever

### Communicable Illness

- Chicken pox is a contagious illness caused by the Varicella-Zoster virus (itchy rash, spots accompanied by flu-like symptoms). Students with chicken pox should remain home until the blisters have dried up and crusted over. A note from the doctor indicating that it is safe for your child to return to school is necessary.
- Hand Foot Mouth Disease, is a common contagious illness caused by viruses. These viruses live in the body's digestive tract and spread from person to person, usually on unwashed hands and surfaces contaminated by feces. Children aged 1 to 4 are most prone to the disease. Students with HFMD should remain home until all the blisters have dried up and crusted over. A note from the doctor indicating that it is safe for your child to return to school is necessary.
- Impetigo is a contagious superficial skin disorder caused by a bacterial infection. Students can return to school 24 hours after the initiation of antibiotic therapy. Open sores must be covered at school.
- Conjunctivitis is an inflammation of the conjunctiva, the tissue covering the eye and inner surface of the eyelid. Students can return to school 24 hours after initiation of antibiotic therapy for bacterial conjunctivitis. Viral conjunctivitis can be contagious for an extended period of time. Please speak with your doctor about when your child is safe to return to school.
- Head lice (pediculosis): students may return to school after treatment with a medical shampoo and no live lice are present. The student must be seen by the nurse before returning to class.

### Lyme Disease and Tick Borne Encephalitis

Lyme disease (Borreliosis) is carried by every 3rd or 4th tick in Switzerland. The symptoms include a small rash which may appear a few days or weeks after the bite. It begins as a small red circular area on the bite site. Other symptoms can include fever, headache, weakness and flu-like joint and muscle pain. These symptoms may not be concurrent with the rash. Lyme disease is treated with antibiotics and is most successful when started early.

Tick borne encephalitis (FSME) is a viral disease of the nervous system and is transmitted by the bite of infected ticks. It can attack the brain and is potentially fatal. Luckily, it is not as common although the numbers are rising rapidly. The symptoms of this two phase illness begin between 2-28 days after the initial bite. They include: flu-like body ache, headache, and light sensitivity. These symptoms will resolve in circa 2-4 days and for many people the illness is over.

Unfortunately, about one third of those infected will develop the second more serious phase of FSME; high fever, severe headache and neurological symptoms. This phase becomes a medical emergency.

Inspect your child every day especially if the child has been playing or hiking in the woods. Check behind the neck, ears, in the groin area and under the arms. Have the child wear long-sleeved shirts and pants and remember to tuck pant legs into socks or shoes for extra protection. Wearing light colored clothing can help one see the ticks more easily.

### Emergency Medical Care

If a student is involved in a minor accident or injury that may require medical assistance during school hours, the school nurse will contact the parents/guardians or their Local Swiss Emergency Contact in order to seek assistance in obtaining medical help.

The school nurse will attend to the injured student until the parents arrive. In the case of a life-threatening situation, or other serious condition, the student will be transported by ambulance to an appropriate hospital. In that case, parents will be notified to meet the child at the hospital instead of at the school. Accident reports are completed and submitted to the principal. The original reports will be placed in the student's file.

### Physical Education Excuse Policy

If a student is unable to participate in PE either a note from parents or physician must be submitted to the PE teacher. The school nurse will only for specific circumstances (migraine, severe period pain etc.) excuse a student from participating in PE.

If a child is well enough to attend school the expectation is that they can participate in PE. Further information is available in the parent/student handbook for each campus.

### Confidential Service

There may be times when the school health service team needs to share information with parents or guardians or certain others in the school community, to provide support and care to ensure the safety and wellbeing of the student. The school health team strongly encourages students to talk to their parents or guardians of significant health issues.

We are happy to assist you and your child, and please do not hesitate to contact us if you have questions or concerns.

### Upper School



Helma Van Vliet  
hevanvliet@zis.ch



Abigail Morgan  
amorgan@zis.ch

### Middle School



Erika Lang  
elang@zis.ch



Abigail Morgan  
amorgan@zis.ch

### Lower School



Annika Hansson  
ahansson@zis.ch

Claire Twiss  
ctwiss@zis.ch

### ECC



Tina Pickering  
tpickering@zis.ch