

# 10 MINUTE GUIDELINES FOR THE HEALTH OFFICE

Students with NON-URGENT symptoms should not be sent to the health office for the first and last 10 minutes of class, in keeping with Mr. B's guidelines.

FYI, we do not give out unscheduled medicine the first or last period of the day.

Non-urgent issues – wait 10 minutes from start of class	
Vague symptoms of illness, “not feeling well”	Cold/sore throat symptoms
Stomach ache	Headache without injury
Small scrapes and bumps	Request to get ice
Feels hot after being active	Mosquito bites
Itchy skin with out rash	Seasonal allergy (stuffy nose, itchy eyes)

Send those with “The B’s” promptly	
<u>Bumped head</u> - always	<u>Bleeding</u> that needs more than a band aid from your supply
<u>Breathing issues</u> – not stuffy noses. If severe, call Health Office @ 13817	<u>Blotchy</u> – hives, rash, facial swelling, particularly with known allergy. If severe, call Health office
<u>Bones/Bumps</u> – so we can assess for breaks/injuries	<u>Blood sugar</u> – diabetics get prompt access to Health Office upon request
<u>Burning up</u> – hot, flushed, pale, fatigued	<u>Bodily fluids</u> - accidents
<u>Burns</u>	<u>Barf</u> – ‘nuf said

Please remember that these are guidelines for physical complaints and are in no way meant to take the place of your judgment or common sense. Students that appear to be in emotional distress may always be given a pass. Bottom line, if you think we need to see the student, send them!