

# 15 Minute Guide

## NON-URGENT use 15 Minute Guide before sending to the clinic

<ul style="list-style-type: none"> <li>Stomachache (send to bathroom or try water and a snack.)</li> </ul>	<ul style="list-style-type: none"> <li>Mild headache or dizziness that just started (rest, water, cool compress, snack).</li> </ul>
<ul style="list-style-type: none"> <li>Lost baby tooth (Have them rinse mouth with water and give them a tooth necklace/box to place the tooth in.) You have tooth boxes in with your bag of bandaids.</li> </ul>	<ul style="list-style-type: none"> <li>Spills, wet, muddy clothing (Have them change into their extra clothes or notify parent for change of clothes. We do NOT have extra clothes in the clinic this year.)</li> <li>Feels hot after being active (rest, water, remove extra layers of clothes)</li> </ul>
<ul style="list-style-type: none"> <li>Loose baby tooth (We do NOT have any medication to administer for a loose baby tooth and are unable to pull a loose tooth.)</li> </ul>	
<ul style="list-style-type: none"> <li>Minor scrapes and bumps (Clean &amp; bandage in class. Cool compress with a moist paper towel.)</li> </ul>	<ul style="list-style-type: none"> <li>Request for ice for previous injury. (We do not ice for previous injuries unless doctor note received.)</li> </ul>
<ul style="list-style-type: none"> <li>Pre-existing skin irritation is itchy. (Cool compress with a moist paper towel.)</li> </ul>	

## URGENT – Possible Emergency - Do Not Delay Visit to the Clinic

<ul style="list-style-type: none"> <li>Asthma symptoms, breathing difficulties</li> </ul>	<ul style="list-style-type: none"> <li>Scheduled Medication or need for medication</li> </ul>
<ul style="list-style-type: none"> <li>Possible allergic reaction or exposure; insect bites or stings</li> </ul>	<ul style="list-style-type: none"> <li>Fever, feeling feverish, shaking, chills, reports fever</li> </ul>
<ul style="list-style-type: none"> <li>Any serious illness, injury, or bleeding.</li> </ul>	<ul style="list-style-type: none"> <li>Lost permanent tooth</li> </ul>
<ul style="list-style-type: none"> <li>Head injury</li> </ul>	<ul style="list-style-type: none"> <li>An injury with swelling, bruising or deformity</li> </ul>
<ul style="list-style-type: none"> <li>Vomiting or Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>Pain due to a fall</li> </ul>
<ul style="list-style-type: none"> <li>Painful limb injuries that may be sprain or break</li> </ul>	<ul style="list-style-type: none"> <li>Injury to eye, an object lodged in any body part</li> </ul>
<ul style="list-style-type: none"> <li>Possible injury caused by another student or staff member</li> </ul>	<ul style="list-style-type: none"> <li>Dizziness/headache following a recent head injury (send accompanied by adult) (Students that suffer a head injury should not participate in athletics, PE, or recess for the remainder of the day.)</li> </ul>
<ul style="list-style-type: none"> <li>Possible heat emergency – Headache; cool, moist skin; dizziness and light-headedness; weakness; nausea and vomiting; irrational behavior; extreme confusion; dry, hot, and red skin; rapid, shallow breathing; rapid, weak pulse</li> </ul>	

## CALL NURSE IMMEDIATELY

Be prepared to report name of student/staff, location, and describe the emergency.

<ul style="list-style-type: none"> <li>Fainting (lay on floor, elevate feet 10")</li> </ul>	<ul style="list-style-type: none"> <li>Seizures, Life-threatening Allergic Reaction, Diabetic Emergency, Cardiac Emergency</li> </ul>
<ul style="list-style-type: none"> <li>Known medical conditions – Diabetic emergencies, allergic reactions, cardiac emergency</li> </ul>	<ul style="list-style-type: none"> <li>Emergency first aid needs or moving may injure student</li> </ul>

Symptoms of COVID-19 – Cough, Shortness of Breath or Difficulty Breathing, Chills, Repeated Shaking with Chills, Muscle Pain, Headache, Sore Throat, Loss of Taste or Smell, Diarrhea, Nausea or Vomiting, Congestion or Runny Nose, Feeling Feverish or a Measured Temperature Greater than or Equal to 100.0 degrees Fahrenheit.

The 15-minute guide significantly reduces lost classroom time.

The Clinic is **NOT** a time out space for the student due to disciplinary issues,

**nor** is the Clinic a sleep area for students that are sleepy or tired.

Remember in class-water refreshes the body and increases alertness. *Thank you so much for your help!*