

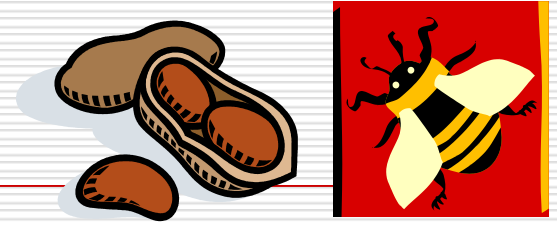
Signs and Symptoms of Common Health Issues at School

The information in this presentation discusses common symptoms of health issues and should only be used for identification purposes and not as a substitute for nursing or medical care.

Important to all student health issues!

*Students with emergent health concerns
should always be escorted to the Health
Office,
or supervised
until the School Nurse or
emergency care arrives.*

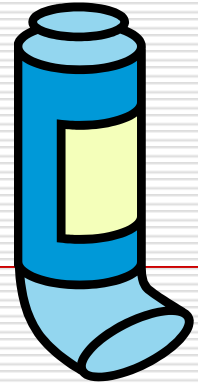
ALLERGIC REACTIONS



For Allergic Reactions: **THINK F. A. S. T.**

- **Face:**
 - **itchiness, redness, swelling of face and tongue**
 - **Airway:**
 - **trouble breathing, swallowing or talking**
 - **Stomach:**
 - **pain, vomiting, diarrhea**
 - **Total Body:**
 - **rash, itchiness, swelling, paleness, loss of consciousness**
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ASTHMA



Some Signs and Symptoms of Asthma:

- Wheezing, Coughing, Difficulty Breathing and/or shortness of breath

A Serious Asthma Episode may include:

- Breathlessness that may cause the student to speak in one-to-two word sentences or be unable to speak.
- The student may stop an activity and be unable to start again.
- The student's neck muscles may tighten with each breath.
- Lips and nail beds may have a grayish or bluish color.
- Many students need to use their inhalers 15 - 30 minutes before physical education class to prevent asthma difficulties during periods of exercise.

Do not deny a student's request to come to the Health Office to use their inhaler.

HYPOGLYCEMIA (LOW BLOOD SUGAR)

- *Onset:* Sudden
- *Signs:* Staggering, poor coordination
Anger, bad temper
Pale color
Confusion, disorientation
Sudden hunger
Sweating
Eventual stupor or unconsciousness
- *Causes:* Failure to eat before strenuous exercise
Delayed or missed meals or snacks
- *Treatment:* Provide sugar. If the person can swallow without choking, offer any food or drink containing sugar (no diet drinks!).



***IF THE STUDENT DOESN'T FEEL BETTER IN 10-15 MINUTES,
INITIATE EMERGENCY CARE***

HYPERGLYCEMIA (HIGH BLOOD SUGAR)

- *Onset:* Gradual
- *Signs:* Drowsiness
Extreme Thirst, Very frequent urination
Flushed skin
Vomiting, fruity or wine-like odor to breath
Heavy breathing
Eventual stupor or unconsciousness
- *Causes:* Undiagnosed diabetes
Insulin not taken
Stress, injury or illness
Too much food and/or drink
- *Treatment:* **Pursue Emergency Care** and take this person to the hospital

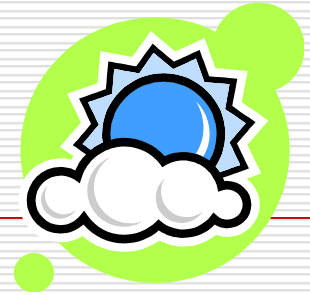


SEIZURES



- **Tonic-Clonic Seizure:**
 - Entire body stiffens, jerking movements
 - May cry out, turn bluish, be tired afterwards
 - **Absence Seizure:**
 - Staring spell, may blink eyes
 - **Seizure Care:**
 - Clear the area around the student to avoid injury
 - Do not put anything in the child's mouth
 - Place the student on his/her side if possible
 - Speak to the student in a reassuring tone
 - Reassure the other students in the room
 - Stay with the student until help arrives
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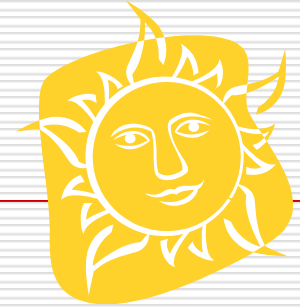
HEAT EXHAUSTION



- Symptoms:
 - Dehydration, Fatigue
 - Clammy skin, Headache
 - Nausea/vomiting
- Treatment:
 - Bring indoors or into shade
 - Loosen or remove clothing
 - Rub arms and legs down with cool water
 - Call physician or healthcare provider if student can't eat or drink

If left untreated, may escalate to Heat Stroke

HEAT STROKE



- Symptoms:
 - Flushed, dry skin - **no sweating seen**
 - Temperature of 105° or higher
 - Severe, throbbing headache, weakness
 - Dizziness, confusion, sluggishness, fatigue
 - Seizure, decreased responsiveness
 - Loss of consciousness
 - Treatment: **THIS IS A MEDICAL EMERGENCY! CALL 911-** Get child indoors or into shade, sponge or douse student with cool water
 - **DO NOT GIVE FLUIDS!**
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HEAD INJURY



- **Following an injury to the head, the student should be observed for the following symptoms:**
 - Severe headache
 - Excessive drowsiness
 - Nausea and/or vomiting
 - Double vision, blurred vision pupils of different sizes
 - Loss of muscle coordination such as falling down, walking strangely, or staggering
 - Convulsions or seizures
 - Unusual behavior: confusion, irregular breathing, dizziness, etc.
 - Bleeding or discharge from the ear
 - **Contact the student's healthcare provider or take child to the Emergency Room if any of the above symptoms are present.**
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What to Do



- Know when and how to call the school nurse!
 - Access medical emergency care as needed
 - Discuss questions or concerns with the school nurse
 - Respect student's private health information
 - Relax and enjoy your students!
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