

Nurse's Corner

Spirit Lake Community Schools

OCTOBER 2024

Spirit Lake School Nurses are committed to promoting the health and well-being of all students so that they may achieve academic success and develop lifelong healthy habits!



Spirit Lake School District medication guidelines

Medications, both prescription and over the counter, may not be transported or carried by the student. The exception to this would only be for students requiring an emergency medication, such as an inhaler or epipen. This requires written permission from the prescribing physician allowing the student to carry and self administer their emergency medication.

Prescription medications must be provided in the original container with the prescription information and the prescribing provider's name.

Over the counter medications (OTC) do not require a prescription. The school has stock Acetaminophen (the active ingredient in Tylenol) , Ibuprofen, Antacids and can provide up to 10 doses of OTC with parent/guardian permission. This form must be submitted to the school. It can be completed during the online registration process or the form can be found on the district website under the *Resources tab* with the other medical forms.

Medication Safety Tips:

- If you are taking OTC cold or flu medications, read labels carefully before taking any OTC pain medication like ibuprofen or acetaminophen. Many cold and flu medications include those pain relievers.
 - In the US, accidental overdosing with acetaminophen is the number one cause of acute liver failure.
- Children are at a risk of accidental overdosing if caregivers give an adult formulation of a medication versus a pediatric formulation, or use the wrong size medicine cup/dropper.
- Before alternating acetaminophen and Ibuprofen, consult with your provider or pharmacist about how to safely use these medications in alternating doses.
- Carefully read the label of every medication every time it is administered to double check the correct dosage.
- Store medications in their original packaging to avoid mix up.
- When giving medications to children, never refer to it as "candy" and always keep medications safely out of reach of children.

In the event of accidental overdose,

**Poison Control can be reached at 1-800-222-1222 or on the
Poison Control website: [webPOISONCONTROL®](https://www.webpoisoncontrol.com)**

If you have any questions, please contact the school nurses:

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