

Choose Your Painkiller With Caution

Over-the-counter (nonprescription) painkillers can help relieve headaches, muscle stiffness, joint pain, and fever but they should only be taking cautiously and only in moderation. Taking too many painkillers or taking them too frequently can cause serious harm to the body and can make headaches even worse.

Wisconsin State Law prohibits public schools from administering medication, prescription or non-prescription, to students without written parental consent and by district policy a doctor's order if it is a prescription or over-the-counter that is needed for more than 3 days. Students who are unable to participate in school due to headaches, muscle stiffness, or joint pain, and do not have the medication and a parental form signed, are directed to contact a parent before the medication can be given. If the child is unable to function at school without medication, the parent is to supply the medication in the original container with a signed permission form.

Due to the potential for harm with the regular use of over-the-counter pain relievers and the need for medical follow up on chronic health concerns, those students who require the medication more than three days in a row, every month or sporadically throughout the year, are required to have their parent contact their child's doctor to obtain a physician's order. This allows for a medical evaluation of not only the physical complaint but also the long-term effects of the over-the-counter pain medication.

Medication	How Long it Works	How it Works	Some Possible Side Effects
Acetaminophen(Tylenol)	4 hours	Unknown. Can reduce pain and fever but NOT inflammation.	Liver damage Rebound Headache
Ibuprofen (Advil, Motrin, Nuprin)	4 to 6 hours(Must be taken with food)	Blocks the production of chemicals called prostaglandins, which cause inflammation as well as menstrual cramps.Can reduce pain, fever and inflammation.	Stomach upset and/or bleeding. Increase in blood pressure. Kidney disease Allergic itching, breathing problems or Dizziness.
Naproxen sodium(Aleve)	8 to 12 hours (Must	Same as Ibuprofen	Stomach upset and/or bleeding. Allergic

	be taken with food)		itching, breathing problems or Dizziness. Ringing in ears. Liver damage
Aspirin (Bayer, Bufferin) <u>Not to be given at school</u>	4 hours	Same as Ibuprofen	Reye's Syndrome (for those 18 and under). Stomach upset and/or bleeding. Kidney disease. Allergic itching, breathing problems, & skin rash.

Parent provided non prescription medication:
Please attempt to give medication before or after school.

By district policy, the school is only able to give parent-provided acetaminophen, ibuprofen, cough medicine, antacids or antihistamines for up to three consecutive days. Aspirin is not allowed.

If your child needs these medications *for more than three days*, the school must have a doctors' order. If a parent believes their child is unable to attend school without receiving a non-prescription medication during the 7 hour school day, the parent must:

- Error! Bookmark not defined..** Deliver the medication to the school office in the original container.
- Error! Bookmark not defined..** Complete and sign the parent permission form.
- Error! Bookmark not defined..** Inform the office staff of the condition for which the non-prescription medication is given.
- Error! Bookmark not defined..** Inform the staff in writing on the permission form of: 1) dosage, 2) time to be given, 3) when the last dose was given at home, 4) when the expiration date is, 5) provide a measuring device if the medication is liquid.

Wisconsin Statutes: Section 118.29
<http://www.legis.state.wi.us/./rsb/stats.html>

Physician ordered inhaled or ordered medication

By Wisconsin State Law NO medication, emergency or otherwise, will be given to a student unless it is prescribed by the student's physician and the parent and the physician has filled out the proper forms.

. The school is only able to provide the service of dispensing physician ordered medication if:

Error! Bookmark not defined.) The parent brings the medication to the school office in the **original container** with the pharmacy label intact,
Error! Bookmark not defined.) A **doctor's order** is presented to the school or the doctor signs the prescription medication form,
Error! Bookmark not defined.) The **parent** completes the prescription medication permission form that states the:
Name of the student
Name of the medication
Dosage to be taken
Time to be taken
Number of days to be taken
Reason for taking the medication

NOTE: If your child requires a NARCOTIC PAIN MEDICATION that is known to CAUSE DROWSINESS-DIZZINESS-SEDATION such as DARVOCET , DARVON, CODEINE, TYLENOL WITH CODEINE, we request you keep them safe in your care AT HOME until their pain can be controlled with a non-narcotic pain medication.

- Please attempt to schedule medication before or after school.
- Parents need to provide a measuring spoon or device if the medication is liquid.
- All tablets that need to be split, need to be split by the parent

Wisconsin Statutes: Section 118.29 <http://www.legis.state.wi.us/./rsb/stats.html>

Life threatening allergies and the Epipen auto injector

A physician and parent completed and signed Emergency Health Care Plan for Known Severe Allergic Reactions and a parent provided Epipen are required by the first day of school.

It is suggested that the student wear a medical alert bracelet or necklace when at school and that the parents meet with the classroom teacher (s) to explain the life threatening allergy.

Wisconsin Statutes: Section 118.29
<http://www.legis.state.wi.us/./rsb/stats.html>
www.allergic-reactions.com

Poison help

Poison Help through Children's Hospital of Wisconsin:

The Children's Hospital of Wisconsin Poison Center is available for any questions or concerns 7 days a week by calling toll free 1-800-222-1222

