

# 15 Minute Clinic Guide for Teachers

Students with **non-urgent** symptoms may not go to the clinic for the first 15 minutes after any passing time including: Arrival to school, changing classes (e.g. PE, Lunch, Music, Library, Learning Center, etc.), out to recess or in from recess.

**\* NEVER HESITATE TO CALL 911 IF THERE IS A CONCERN ABOUT THE WELL BEING OF A STUDENT OR ADULT.**

<b>Non-urgent: Use 15 Minute Guide</b>	
<ul style="list-style-type: none"> <li>• Reports vague symptoms of illness</li> </ul>	<ul style="list-style-type: none"> <li>• Cold symptoms</li> </ul>
<ul style="list-style-type: none"> <li>• Stomachache (send to bathroom first; a 5 minute "sit" cures many of these).</li> </ul>	<ul style="list-style-type: none"> <li>• Mild headache or dizziness (rest, water)</li> </ul>
<ul style="list-style-type: none"> <li>• Minor scrapes and bumps (clean and apply Band-Aid in class).</li> </ul>	<ul style="list-style-type: none"> <li>• Feels hot after being active (rest, water, remove extra layers of clothes)</li> </ul>
<b>Do Not Delay Visit to Clinic</b>	
<ul style="list-style-type: none"> <li>• Asthma symptoms, breathing difficulties.</li> </ul>	<ul style="list-style-type: none"> <li>• Dirty wound.</li> </ul>
<ul style="list-style-type: none"> <li>• Possible allergic reaction of exposure; insect bite</li> </ul>	<ul style="list-style-type: none"> <li>• Injury to eye; object lodged in any body part.</li> </ul>
<ul style="list-style-type: none"> <li>• Any serious illness, injury or bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• Blow to the head.</li> </ul>
<ul style="list-style-type: none"> <li>• Lost tooth</li> </ul>	<ul style="list-style-type: none"> <li>• An injury with swelling and bruising.</li> </ul>
<ul style="list-style-type: none"> <li>• Vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• Pain due to fall.</li> </ul>
<ul style="list-style-type: none"> <li>• Medication needs; scheduled or routine clinic visits for student special health needs.</li> </ul>	
<ul style="list-style-type: none"> <li>• Dizziness or headache <b>following a recent head injury (send accompanied by an adult).</b></li> </ul>	
<ul style="list-style-type: none"> <li>• Know health factor that may cause symptoms being experienced.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>NEVER SEND A STUDENT WITH DIABETES WHO DOESN'T FEEL WELL ALONE TO THE CLINIC (send accompanied by an adult or call the clinic staff to come to the classroom)</b></li> </ul>	
<b>Requires Nursing Services Consultation if in the building; if not, call 911*</b>	
<ul style="list-style-type: none"> <li>• Fainting (lay on floor, elevate feet 10")</li> </ul>	<ul style="list-style-type: none"> <li>• Seizures</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>• Emergency first aid needs or moving may injure student.</li> </ul>