

Before And After School Extra-Curricular
Emergency Health Information
Chelmsford Public Schools

**Note: The school nurse is not present during before or after school programs.
It is the parents/guardian's responsibility to complete and distribute to the leader of each and all activities your child attends. (Make as many copies as needed).**

Student Name: _____

Address: _____ Home Phone: _____

Parent/Guardian Cell Phone: _____ Work Phone: _____

Parent/Guardian Cell Phone: _____ Work Phone: _____

- My child has no ongoing medical issues that require medical intervention.
- My child has the following medical condition that may require immediate attention (911),

Please circle:

Allergy to _____ requires Epi-Pen or Epi-Pen Jr. Asthma Diabetes Seizures

Other: _____

Action Plan

Allergic Reaction: (examples of some of the symptoms include) Difficulty breathing, shortness of breath, wheezing, difficulty swallowing, hives, itching, swelling of any body part.

Action Plan: Call 911 and assist child in using Epi-Pen if prescribed and available.

Asthma: student has difficulty breathing, wheezing, and shortness of breath.

Action Plan: If the student has their inhaler, allow them to use it. If no relief of symptoms in five (5) minutes, call 911. If no inhaler available, call 911 immediately.

Diabetes: Low blood sugar reaction- hunger, sweaty, pallor, feels shaky, headache.

Action Plan: Allow student to drink a juice box or regular soda, or eat glucose tablets or a snack from their emergency snack pack. Have student test their blood glucose level and record number. If no change in symptoms in five (5) minutes - call 911 and have child repeat all of the above.

Seizure: Altered consciousness, involuntary muscle stiffness or jerking movements, drooling, foaming at the mouth, temporary halt in breathing, loss of bladder control.

Action Plan: protect student from falling, call 911. Never put anything into the student's mouth.

Parent/Guardian child-specific instructions: _____

Parent Signature: _____ Date: _____