

NURSE'S OFFICE INFORMATION

THREE KEY REQUIREMENTS FOR ALL FRESHMEN

A. All 9th graders need a physical exam on file.

Requirements of the physical:

1. The exam must be completed within one year prior to entering school.
 2. The exam must be conducted by a physician licensed to practice medicine in all of its branches, such as an M.D. or a D.O. Advanced Practice Nurses (APNs) or Physician Assistants (PAs) who have collaborative agreement with a physician may also conduct and sign the physician form. A Chiropractor may NOT conduct or sign a physical form.
 3. The State of Illinois Department of Public Health Certificate of Child Health Exam form is the ONLY form accepted for Freshmen physicals. You will receive this form in your Freshmen Health packet, which will be mailed home in the spring. Forms may also be obtained at school through the nurse's office, or you can download the form from the Lake Park website, www.lphs.org.
- **If your child is going to participate in sports, the 9th grade physical satisfies that requirement for the freshman year.** If the student participates in sports every year, then a YEARLY physical is required. The physicals are good for one year from the date of the exam, so make sure the sport your child participates in is included in that time frame.

B. Immunization Requirements:

1. The front of the physical form must have the immunization history filled in and signed by your health care provider.
2. The proof of immunization requirements for 9th grade are as follows:
 - Infant/child DPT series—a **Td booster is the immunization normally due at the time of entrance into 9th grade.**
 - Infant/child polio series—the last booster dose needs to have been given ON or AFTER the 4th birthday.
 - Two (2) measles immunizations, the first being given ON or AFTER the 1st birthday.
 - One (1) mumps and one rubella immunization, both ON or AFTER the 1st birthday. These immunizations are usually incorporated into a MMR with the measles immunization.
 - Hepatitis B series of three (3) immunizations.

C. Medications at School

If your child requires medication of ANY kind to be taken at school, either daily medication such as Ritalin and insulin or "as needed" medications such as Tylenol, antibiotics or inhalers for asthma, then a medication form **MUST** be completed by the PARENT and PHYSICIAN in order for the medication to be given. The medication authorization form is available in the nurse's office or on the Lake Park website—nurse's information page..

Additional Information

- Make your doctor's appointments early so as to get into the office for a physical exam prior to the first week in August.
- Bring a copy of your child's immunizations with you to your appointment. Many of the physicians have only partial records. If needed, you can obtain a copy of your child's immunizations from the school they are currently attending. School nurses generally have the most complete records of your child's immunizations. This will help the doctor evaluate what immunizations the student needs for school.

FRESHMEN HEALTH PACKETS WILL BE MAILED HOME IN THE SPRING