

Signs and Symptoms of Common Health Concerns



New York Statewide School Health Services Center

www.schoolhealthservicesny.com

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*The pages in this chart list common symptoms of health issues and should only be used for identification purposes and not as a substitute for nursing or medical care.
Please use in consultation with a school nurse.*

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New York Statewide School Health Services Center



Emergency Contact Information

School Name: _____

School Health Professional: _____

Phone Number: _____

Main Office Phone Number: _____

In the event of an Emergency during school hours, please contact:

In the event of an Emergency before or after school hours, please contact:



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ALLERGIC REACTIONS

F ace:	itchiness, redness, swelling of face and tongue
A irway:	trouble breathing, swallowing or talking
S tomach:	pain, vomiting, diarrhea
T otal Body:	rash, itchiness, swelling, paleness, loss of consciousness

Students with emergent health concerns should always be escorted to the Health Office, or supervised until the School Nurse or emergency care arrives.

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ASTHMA

Some Signs and Symptoms of Asthma:

- Wheezing
- Coughing
- Difficulty Breathing and/or shortness of breath

A Serious Asthma Episode may include:

- Breathlessness that may cause the student to speak in one-to-two word sentences or be unable to speak.
- The student may stop an activity and be unable to start again.
- The student's neck muscles may tighten with each breath.
- Lips and nail beds may have a grayish or bluish color.

Many students need to use their inhalers 15 – 30 minutes before physical education class to prevent asthma difficulties during periods of exercise.

Do not deny a student's request to come to the Health Office to use their inhaler.

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HYPOGLYCEMIA (LOW BLOOD SUGAR)

Onset: Sudden

Signs: Staggering, poor coordination

Anger, bad temper

Pale color

Confusion, disorientation

Sudden hunger

Sweating

Eventual stupor or unconsciousness

Causes: Failure to eat before strenuous exercise

Delayed or missed meals or snacks

Treatment: Provide sugar. If the person can swallow without choking, offer any food or drink containing sugar (no diet drinks!).

***IF THE STUDENT DOESN'T FEEL BETTER IN 10-15 MINUTES,
INITIATE EMERGENCY CARE***

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or supervised until the School Nurse or emergency care arrives.*



HYPERGLYCEMIA (HIGH BLOOD SUGAR)

Onset: Gradual

Signs: Drowsiness

Extreme Thirst, Very frequent urination

Flushed skin

Vomiting, fruity or wine-like odor to breath

Heavy breathing

Eventual stupor or unconsciousness

Causes: Undiagnosed diabetes

Insulin not taken

Stress, injury or illness

Too much food and/or drink

Treatment: **Pursue Emergency Care** and take this person to the hospital

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SEIZURES

- **Tonic-Clonic Seizure:** Entire body stiffens, jerking movements
May cry out, turn bluish, be tired afterwards
- **Absence Seizure:** Staring spell, may blink eyes
- **Seizure Care:** Clear the area around the student to avoid injury
Do not put anything in the child's mouth
Place the student on his/her side if possible
Speak to the student in a reassuring tone
Reassure the other students in the room
Stay with the student until help arrives

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HEAT EXHAUSTION

- **Symptoms:** Dehydration
Fatigue
Clammy skin
Headache
Nausea and/or vomiting
- **Treatment:** Bring indoors or into shade
Loosen or remove clothing
Rub arms and legs down with cool water
Call physician or healthcare provider if student can't eat or drink

If left untreated, may escalate to Heat Stroke



HEAT STROKE

- **Symptoms:**
 - Flushed , dry skin – **no sweating seen**
 - Temperature of 105° or higher
 - Severe, throbbing headache
 - Weakness, dizziness or confusion
 - Sluggishness or fatigue
 - Seizure
 - Decreased responsiveness
 - Loss of consciousness

- **Treatment:**
 - THIS IS A MEDICAL EMERGENCY!**
 - Call 911**
 - Get child indoors or into shade
 - Sponge or douse the student with cool water
 - Do NOT give fluids!

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HEAD INJURY

Following an injury to the head, the student should be observed for the following symptoms:

- Severe headache
- Excessive drowsiness
- Nausea and/or vomiting
- Double vision, blurred vision pupils of different sizes
- Loss of muscle coordination such as falling down, walking strangely, or staggering
- Convulsions or seizures
- Unusual behavior: confusion, irregular breathing, dizziness, etc.
- Bleeding or discharge from the ear

Contact the student’s healthcare provider or take child to the Emergency Room if any of the above symptoms are present.

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