

# Signs and Symptoms of Common Health Concerns



## New York Statewide School Health Services Center

[www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com)

Phone: 585.617-2380



Fax: 585.247-7667

*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.*

Updated June 2013

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:

\_\_\_\_\_

## New York Statewide School Health Services Center



### ALLERGIC REACTIONS

---

<b>F</b> ace:	itchiness, redness, swelling of face and tongue
<b>A</b> irway:	trouble breathing, swallowing or talking
<b>S</b> tomach:	pain, vomiting, diarrhea
<b>T</b> 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.*

## New York Statewide School Health Services Center



### 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.

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



## 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***

*Students with emergent health concerns should always be escorted to the Health Office,  
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

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



## 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

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



## 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!

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



## 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.**

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