

# Signs and Symptoms Of Common Health Concerns

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## New York Statewide School Health Services Center

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



Phone: 585.349.7630



Fax: 585.352.9131

*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.*

New York Statewide School Health Services Center

### Emergency Contact Information

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School Name: \_\_\_\_\_

School Health Professional: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Main Office Phone Number: \_\_\_\_\_

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

\_\_\_\_\_

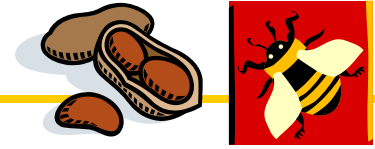
In the event of an Emergency before or after school hours, please contact:

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## ALLERGIC REACTIONS

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For Allergic Reactions: **THINK F. A. S. T.**

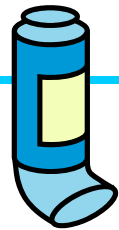
- F**ace:                   itchiness, redness, swelling of face and tongue
- A**irway:               trouble breathing, swallowing or talking
- S**tomach:              pain, vomiting, diarrhea
- T**otal Body:           rash, itchiness, swelling, paleness, loss of consciousness

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



## ASTHMA

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*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)

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- 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!).

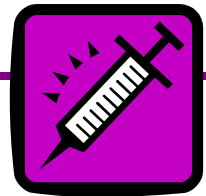
***IF THE STUDENT DOESN'T FEEL BETTER IN 10-15 MINUTES,  
INITIATE EMERGENCY CARE***

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



## HYPERGLYCEMIA (HIGH BLOOD SUGAR)

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- 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

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- **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

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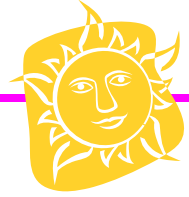
- **Symptoms:** Dehydration  
Fatigue  
Clammy skin  
Headache  
Nausea and/or vomiting
- **Treatment:** Bring indoors or into shade  
Loosen or remove clothing  
Rub arms and legs down with cool water  
Call physician or healthcare provider if student can't eat or drink

**If left untreated, may escalate to Heat Stroke**



## HEAT STROKE

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- **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

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**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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