

Cold Symptoms Guideline

Use this protocol to help guide you when evaluating general illness complaints such as cough, sore throat, congestion.

Assessment Script:

- **Talk to the student to gather information:**
 - **Can you tell me what does not feel good?**
 - **How long have you felt sick?**
 - **Anyone at home sick? If so with what?**
 - **Have you told an adult, seen a provider?**
 - **Have you taken any medication for your symptoms?**
- **Perform Assessment:**
 - **Temperature: over 100.0= home**
 - **Look in ears, throat as needed for complaints.**
 - **Ears: drainage, redness, wax, budging, fluid**
 - **Throat: red, tonsil size, presence of drainage, exudate, pus pockets, blisters.**
 - **Listen for cough during exam, is it spontaneous, forced, harsh, tight, loose, productive, colored sputum.**
 - **Listen to lung and heart sound as needed.**

Recommendation/Script:

- **Cleared to remain in school:**
 - **Based on my assessment it is ok for you to stay in school today.**
 - **May not be your best day, but try to power through.**
 - **Return if symptoms worsen or new symptoms develop.**
 - **Recommend rest, water, cough drop, mint, salt water gargle, warm pack for ear, etc. for symptom relief.**

- **Tell assisting staff you will call to notify parent student was seen but can remain in school.**
- **If student can stay in school but should follow up with provider after school for things like a possible ear infection:**
 - **Let assisting staff know you will notify parent of this.**
 - **Call parent and summarize findings and recommendation for appointment as soon as able (today, tomorrow, whatever is acceptable.)**
- **Student needs to go home, or go home and be seen by provider ASAP:**
 - **Let school staff know your plan to~**
 - **Call until you reach someone (parent, guardian, emergency contact) and inform them of what is needed.**
 - **Call school back to let them know who is coming and when. If you are not able to reach anyone, ask school staff for suggestions/help.**
- **Student needs to go to ER:**
 - **Keep student on camera**
 - **Let school staff know your plan to~**
 - **Call until you reach someone (parent, guardian, emergency contact) and inform them of what is needed.**
 - **If you are unable to reach anyone, ask school staff for suggestions/help.**
 - **Call 911 if situation warrants that level of care.**