



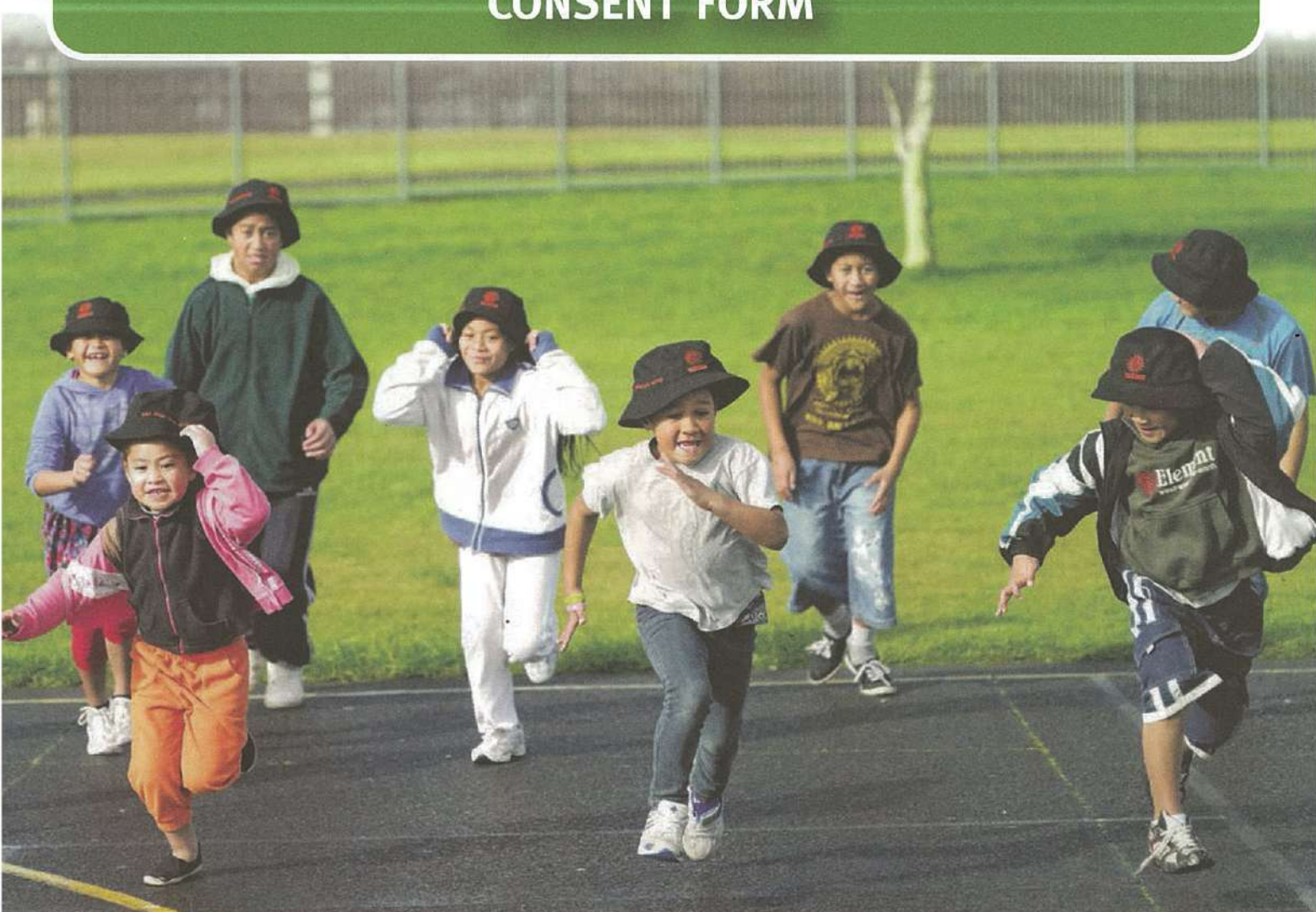
ManaKidz

FAMILY and WHĀNAU INFORMATION

Health checks at school

Free checks to protect against rheumatic fever and skin infections

CONSENT FORM



We are offering your child health checks at school to help prevent rheumatic fever and skin infections. These health checks are free.

The information on the next few pages will help you to decide whether your child should have these checks.

Please read this information carefully and talk about it with your child. When you have made a decision, please fill in the tear-off form, sign it and return it to your child's school.

The form will tell us whether you **do** or **do not** want your child to have these free checks.
Please fill in the form, sign it and return it to your child's school.

Why are we offering these checks?

Some children in your area are getting very sick from **rheumatic fever** and **skin infections** and need to go to hospital.

Rheumatic fever and serious skin infections can be prevented by checking for and treating the germs that cause them.

The Child Health Alliance Forum – Counties Manukau, led by the National Hauora Coalition, is offering free health checks at your child's school.

The school principal and the Board of Trustees have approved these health checks. We have also talked about the checks with the family doctors and practice nurses in your area.

Who does the health checks?

A Registered Nurse and a specially trained healthcare worker will be at your child's school every day. They will check for sore throats and skin infections.

Your child will only be checked if you have agreed to it and have signed and returned the consent form. There may be times when the nurse will see your child for other health issues, these will be discussed with you first.

Rheumatic fever

Rheumatic fever is an illness that starts with a sore throat and then causes sore and swollen joints. In some cases, rheumatic fever can lead to long-term heart problems. The streptococcus (also called 'strep') germ causes rheumatic fever.



Only sore throats caused by the strep germ can lead to rheumatic fever. Throat swabs are the best way to check for this germ. A sore throat caused by the germ is called strep throat.

Sore throat checks

The healthcare worker will visit the classrooms to ask and check if any children have a sore throat or symptoms of a sore throat.

Children with sore throats, or symptoms, will have a throat swab taken – but only if their parents have agreed and have signed and returned the consent form.

- To take the throat swab, the trained healthcare worker gently rubs a clean cotton bud along the back of the throat. This doesn't hurt but may be uncomfortable.
- The cotton bud goes to a laboratory and is tested for the strep germ. The test results are usually ready within 2–3 days.

The Registered Nurse will contact you when the test results are ready.

How is strep throat treated?

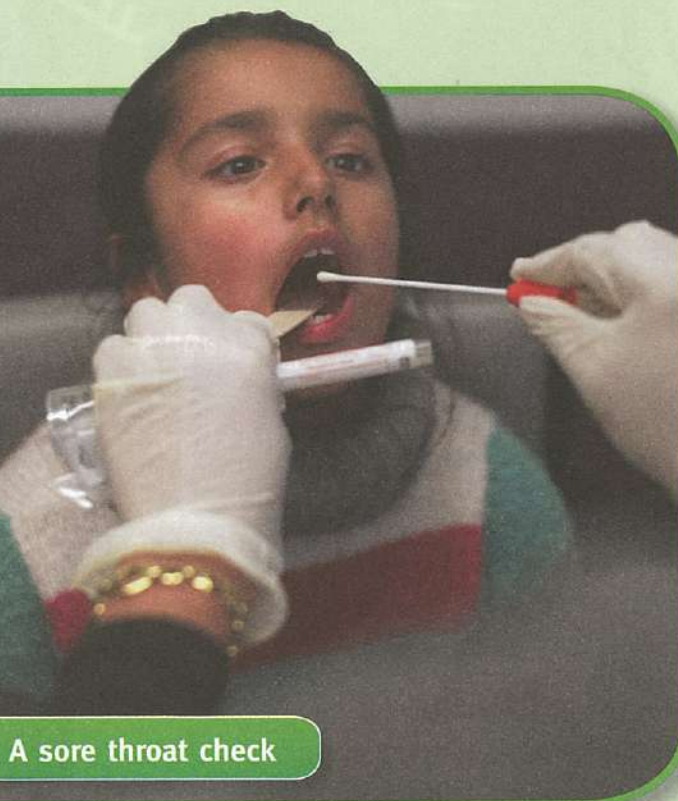
Taking an antibiotic medicine for 10 days is the best way to treat strep throat and prevent rheumatic fever. The Registered Nurse will discuss with you the risks and benefits of taking antibiotics. If you agree, free antibiotic medicine will be given to you to give to your child for 10 days. **Your child will only be treated if you have agreed to it.**



The Registered Nurse will tell you how your child should take the medicine. **It's really important that your child takes the antibiotic medicine every day for 10 days.** This is to prevent them from getting rheumatic fever.

The Registered Nurse will offer free throat swabs to people living in your house who have a sore throat. If the results show they have a strep throat, free antibiotic medicine will be offered.

You will also be given advice on how to stop the strep germ from spreading to other family and whānau.



A sore throat check

The form will tell us whether you do or do not
Please fill in the form, sign it and

Skin infections

Skin infections can be caused by:

- insect bites
- impetigo – sores caused by a germ that gets into cuts, grazes and sores
- scabies – an itchy rash and blisters caused by small insects that get under the skin.

Skin infections can sometimes lead to kidney problems or to infected bones and/or joints or to cellulitis, which causes blood poisoning.

Anyone can get a skin infection. Many skin infections, such as scabies and impetigo, are easily spread from the infected person to their family and whānau.

Skin infection checks

The healthcare worker will visit the classrooms to ask children if they have any skin sores. Children's skin will be checked and cleaned and covered with a sticking plaster – but only if their parents have agreed and have signed and returned the consent form.

If your child has a skin infection, the Registered Nurse will contact you to talk about the infection and any treatment that may be needed.

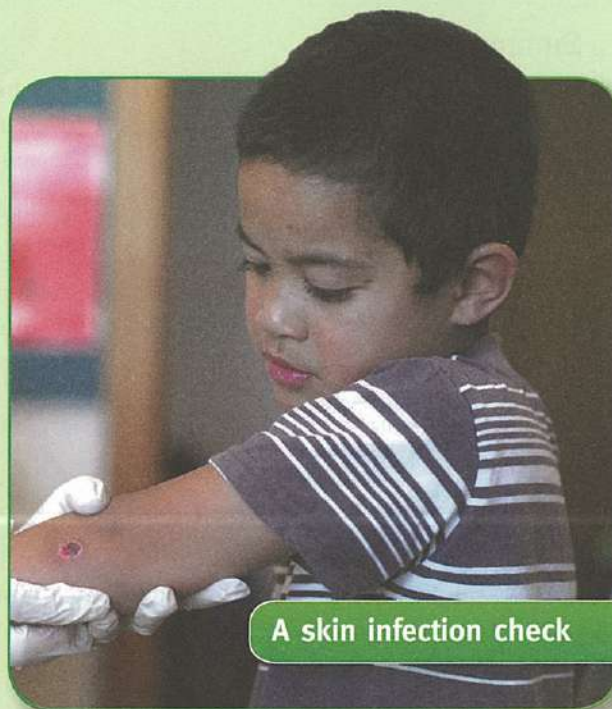
How are skin infections treated?

Skin infections are usually treated by putting antibiotic ointment on the infected area. Sometimes antibiotic medicine is given instead of ointment. The Registered Nurse will discuss with you the risks and benefits of taking antibiotics. If you agree, free antibiotic ointment or medicine will be given to you to give to your child.



Your child will only be treated if you have agreed to it.

Your child may be given sticking plasters or bandages to cover the infected area. These are also free.



A skin infection check

The Registered Nurse will tell you how long your child needs to use the ointment or take the medicine. Treating skin infections can prevent serious damage to your child's kidneys, bones and joints. It can also stop the infection from spreading to other people.

Sometimes skin infections spread to the whole family and whānau. The Registered Nurse will talk to you about this and how the infection can be treated.

What do I need to do?

Talk about these health checks with your family and whānau and with your child. When you have made a decision, please fill in the tear-off form, sign it and return it to your child's school.

If at any time, you decide you no longer want your child to have these free checks, please contact the Registered Nurse at the school. (See the back page for contact details.)

Where can I get more information?

- Contact the Registered Nurse at the school directly if you would like more information about filling in this consent form or if you would like the information in another language. (See the back page for contact details.)
- Speak to your family doctor or practice nurse at any time.

Privacy

Your child's privacy will always be protected. Information about any throat swabs taken and/or any treatment your child receives will be recorded on a health database. Only authorised health staff, including your family doctor, can see your child's information. Your family doctor will be told if your child has had a throat swab and/or is receiving treatment for strep throat or a skin infection. Anonymous data collected from the programme will be used to evaluate the programme. All names and details used will be anonymous

Your rights

The Health and Disability Commissioner's Code of Rights applies to these health checks. For more information A sore throat check about your rights, visit www.hdc.org.nz or call 0800 555 050.

Consent form to indicate whether you DO or DO NOT want your child to have the sore throat and skin infection checks at school

PARENTS /GUARDIANS – please fill out all of Section A (blue).

- If you **DO** want your child to have the checks, please fill out all of **Section B (green)**.
- If you **DO NOT** want your child to have the checks, please fill out all of **Section C (red)**.

A Section A: CHILD'S DETAILS – All parents/guardians please fill out this section

School:				Room name or number:			
Surname (last or family name):							
First name:				Middle name(s):			
Other surnames the child has had:			Date of birth:			<input type="checkbox"/> Male <input type="checkbox"/> Female	
Home address:					Postcode	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Phone: (day)	(evening)		(mobile)				
Email (provide only if you are happy for us to contact you by email):							
With which ethnic group does your child most closely identify? (You may tick more than one.)							
<input type="checkbox"/> NZ European	<input type="checkbox"/> Māori	<input type="checkbox"/> Samoan	<input type="checkbox"/> Cook Islands Māori	<input type="checkbox"/> Tongan	<input type="checkbox"/> Niuean	<input type="checkbox"/> Chinese <input type="checkbox"/> Indian	
Other (such as Dutch, Japanese, Tokelauan) please state: <input type="text"/>							
Family doctor's name:				Child's NHI number* (if known):	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
Medical centre name:				Medical centre phone number:	<input type="text"/>		
Medical centre address: <input type="text"/>							

* An NHI (National Health Index) number is a unique number assigned to each person who accesses publicly funded health services in New Zealand

B Section B – YES (agree) – I DO want my child to have the checks at school

<input type="checkbox"/> YES , I agree to my child having the sore throat and skin infection checks at school.	PLEASE TICK ONE
	I am: <input type="checkbox"/> mother <input type="checkbox"/> father <input type="checkbox"/> guardian
A day-time contact name:	A day-time contact phone number:
<input type="text"/>	<input type="text"/>
Your full name:	<input type="text"/>
Your signature:	Date: (day / month / year) <input type="text"/> <input type="text"/> <input type="text"/>

C Section C – NO (do not agree) – I DO NOT want my child to have the checks at school

<input type="checkbox"/> No , I do not want my child to have the sore throat and skin infection checks at school.	PLEASE TICK ONE
	I am: <input type="checkbox"/> mother <input type="checkbox"/> father <input type="checkbox"/> guardian
A day-time contact name:	A day-time contact phone number:
<input type="text"/>	<input type="text"/>
Your full name:	<input type="text"/>
Your signature:	Date: (day / month / year) <input type="text"/> <input type="text"/> <input type="text"/>

THANK YOU. PLEASE FILL OUT AND RETURN TO YOUR CHILD'S SCHOOL.

Sore throats matter

– get them checked!



To keep skin healthy:

- **clean and dry** hands often
- **cut** fingernails short
- **cover** sores with a plaster



Summary

- Free sore throat and skin infection checks are being offered at your child's school. Checking for and treating the germs that cause rheumatic fever and serious skin infections can prevent your child from getting them.
- The strep germ causes rheumatic fever. The illness starts with a sore throat and then causes sore and swollen joints. Rheumatic fever can sometimes lead to long-term heart problems.
- Some skin infections can lead to kidney problems, cellulitis, or to infected bones and/or joints. Many skin infections can also spread to family and whānau.
- Your child can have free health checks at school if you sign and return the consent form.
- Sore throats are checked with a throat swab. We will contact you if we find the strep germ. We will offer free antibiotics to treat your child.
- We will contact you if we check your child's skin and find an infection. We will offer free antibiotics to treat your child.
- **Your child will only be checked and treated if you agree.**

Registered Nurse contact details



Pipi the Pukeko is used with permission from the Heart Foundation.



We would like to thank Wiri Central School and the families and whānau involved in producing this resource.