



TO PARENTS FROM THE SCHOOL HEALTH CARE SERVICE

School Health Care

HEALTH CARE CENTERS

The health care centre in the neighborhood provides varied health care services. It is possible to book appointment with a doctor, get consultation by nurse and make phone appointment.

“Walk-in” service is for abrupt illnesses and minor accident. Most minor injuries can be treated at the health care centre. Here you can find the localization and opening hours of the nearest health care centre www.heilsuvera.is/kort

The opening hours of the health care centres is different over the country but in the capital area the opening hour is weekdays 8-16.

If you need a translator, you ask for it book an appointment with a doctor or nurse, and let know which language you need.

Health information website and health advice online chat:
www.heilsuvera.is



Health service map.
www.heilsuvera.is/kort

Health clinic website in the capital area:
www.heilsugaeslan.is

Emergency number: 112

DENTAL HEALTH

Dental treatment for children is fully paid by Icelandic Health Insurance, apart from a 2.500.- ISK annual registration fee. If your child has not received dental care in the last 12 months you are asked to make an appointment with a dentist as soon as possible.



The school health care is part of the primary health care service and a continuation of the pediatric health care. The goal of school health care is to promote the schoolchildren's health and well-being.

The school nurses work in collaboration with parents/guardians, school administrators, teachers, and other professionals in children's welfare system

HEALTH EDUCATION

School children's health protection provides organized health education and encourages healthy lifestyles either in groups or on an individual basis. On the website heilsuvera.is you can access various health-related information.

HEALTH ASSESSMENT AND SCREENING

Health assessment and screening takes place in 1., 4., 7. and 9. grade.

The screening includes simple eye test and measurement of height and weight. At same time is motivational interview about health and well-being. Parents will get e – mail with information before it takes place

VACCINATIONS

7. Grade - Measels, Mumps and Rubella (one shot) and HPV for girls, against cervical cancer (2 shots in 6 months)

9. Grade - Polio, Diphteria, Pertussi and Tetanus (one shot).

Parents are asked to provide the school nurse with information about their children's vaccination. If the child is not fully vaccinated, the school health service offers the missing vaccinations

MEDICATION

If a child need medication during the school day, parents are advised to contact the school nurse.

CHRONIC ILLNESS AND ACCIDENTS

It is important that school nurses are aware of children who have a chronic and / or serious illness, e.g., diabetes, allergies, epilepsy, and bleeding disorders. In the event of an accident or accident during school hours, the school staff will provide first aid. If a student needs to go to a health care clinic or emergency department, the parents / guardians must accompany the child. It is therefore important that the school has all telephone numbers where parents can be reached during the child's school hours. Accidents that occur outside school hours are not expected to be dealt with by a school nurse.

*With regards and a wish for good cooperation,
School health care professionals*

School nurse _____

E-mail _____