

# North Dakota Coordinated School Health Strategies

## HIV and Significant Contagious Diseases (SCD)

### Physical Education

- Identify reasonable accommodations for physical education activities for students with HIV/SCD, if necessary.
- Train staff in the proper use and location of universal precautions kits, which are to be fully stocked during all PE classes, school events and activities.
- Provide opportunities for adequate physical activity.



### Health Services

- In accordance with North Dakota state law, (N.D.C.C. 23-07-16.1), update and implement policies for students, staff and parents/guardians regarding:
  - Universal precautions
  - Transmission and prevention of significant contagious diseases including, but not limited to, HIV and hepatitis.
- Adhere to district policies ensuring student confidentiality.
- Ensure proper policies are in place for appropriate administration and dispensing of medication.
- Consider a Section 504 plan or special provisions for students with any significant contagious disease.

### Health Education

- Incorporate HIV/SCD awareness into health education and family consumer science curriculums, including:
  - Basic facts
  - Self-esteem and positive choices/behaviors
  - Behaviors to support individuals with HIV/SCD
- Require health education and coaching staff to participate in training regarding HIV/SCD awareness.



### Nutrition Services

- Provide nutrition education and encourage increased intake of whole grains, fruits, vegetables and low-fat milk.



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## Healthy School Environment

- Promote the school as a safe place to:
  - Confidentially speak with a trusted adult.
  - Promote current events and awareness campaigns that support positive health behaviors and acceptance of diversity.



## Family & Community Involvement

- Participate in community prevention education programs or projects through service and outreach agencies/organizations (ex., Red Cross, family planning, local public health).
- Provide information and promote awareness about HIV/SCD prevention and management through educational materials sent home from school via newspapers and other venues/activities.
- Involve parents/guardians and community members with the planning and development of prevention and management policies related to HIV/SCD.

## Counseling, Psychological & Social Services

- Ensure that school is a safe place for and provides supportive counseling services to students who have been diagnosed with, have been exposed to or have fears about HIV/SCD.
- Promote and encourage peer educators to serve as mentors to younger students.
- Ensure current materials (educational, emotional and medical) are available for staff who work with students regarding prevention of HIV/SCD or with students who have been diagnosed with HIV/SCD. (*Current materials are available from the North Dakota Department of Public Instruction or the North Dakota Department of Health.*)

## Health Promotion for Staff

- Require all school staff to receive annual training by a health official or qualified prevention educator about HIV/SCD prevention and management and universal precautions.



North Dakota Department of Public Instruction  
Dr. Wayne G. Sanstead  
State Superintendent  
600 E. Boulevard Avenue  
Bismarck, ND 58505-0400



North Dakota Department of Health  
Terry L. Dwelle, MD, MPH, MEd  
State Health Officer  
600 E. Boulevard Avenue  
Bismarck, ND 58505-0200