



NH Pediatric Improvement Partnership

Improving health care quality for all NH children through the use of systems and measurement-based quality improvement processes.

New Hampshire State Regulations

All students must have a physical examination prior to first admittance to schools*.

Student Athletes

- ✓ Any student athlete must have a physical examination on file in order to participate.
- ✓ Students follow the NHIAA standards for requiring a medical statement certifying that they have passed a pre-participation physical exam prior to the student athlete's high school athletic career. In every subsequent year, athletes shall have an updated medical history.
 - Local school districts may impose requirements that exceed these provisions.

*Parents who object on religious grounds may exempt their children from these requirements.

City Policies and Services

Portsmouth

- ✓ A **physical exam** must be completed **every two years** for student athletes (applies to marching band).
- ✓ Board **recommends physical exam** completed **before middle and high school** for all students.
- ✓ **Schools may offer physicals** to students and accept proof of examination from the student's own licensed healthcare provider.
- ✓ Access Sports Medicine and Orthopaedics provides a **\$5 annual pre-participation sports physical exam**.
- ✓ **Convenient MD** locations that provide:
 - \$10 baseline concussion testing
 - \$20 physical exams
 - Tdap, Meningitis, and Flu vaccinations
- ✓ Routine screenings (vision, hearing, blood pressure, height, weight) provided by the **school nurse** for all freshman students and for upperclassman as needed.

Nashua

- ✓ Only **one physical exam** is required for the **entire high school career** for student athletes.
- ✓ Services provided by the Community Health Department:
 - **Free flu vaccination clinics** to students and employees and to the public throughout the city, with hours conducive to AYA schedules.
 - **Disease Prevention Immunization Program;**
 - Specifically for AYA patients 18 and under, with walk-in hours available after school hours.
- ✓ **Convenient MD** locations that provide:
 - \$10 baseline concussion testing
 - \$20 physical exams
 - Tdap, Meningitis, and Flu vaccinations



NH Pediatric Improvement Partnership

Improving health care quality for all NH children through the use of systems and measurement-based quality improvement processes.

NH Immunizations

Pupil immunization standards shall be in accordance with the state and local health department requirements.

- ✓ Students may be exempt from vaccinations for medical reasons (detrimental to child's health) or religious reasons.
 - In the case of a communicable disease outbreak, students exempted from immunization expectations **will not attend school.**
- ✓ No child, 18 or under, in NH can be denied state-supplied vaccine because of their inability to pay.
- ✓ Girls under age 18 in NH will be provided the HPV vaccine at no cost.

Other NH Health Policies

- ✓ All athletes, parents, and school nurses receive information on concussions.
- ✓ Unhealthy foods are not to be sold on school grounds or affiliated facility.
- ✓ Tobacco product use and sale are prohibited on school property.