



# How to Use the Infirmary at St. John's Northwestern Academy

We're here to help you stay healthy and feel your best!  
Here's how you can use the Infirmary when you're not feeling well.

## When Should You Go to the Infirmary?

Go to the infirmary if you:

- Have a fever or feel sick (headache, sore throat, upset stomach, etc.)
- Get injured (twisted ankle, cut, bruise, etc.)
- Need medication (daily prescription or pain relief like Tylenol)
- Feeling unwell and requesting a nursing assessment
- Need a nurse assessment to be excused from PT or athletics (pink pass)

## Hours:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^N/A	8 AM - 4 PM	8 AM - 4 PM	8 AM - 4 PM	8 AM - 4 PM	8 AM - 2:30 PM	^N/A

## Feeling Sick After Hours?

- **Tell your RFO right away -- **TIMELINE OF ILLNESS IS IMPORTANT!****
- They'll help you and decide if you need to be seen right away or wait until morning.
- You might be given a mask and moved to a quiet room to rest.

^The infirmary is closed. See a staff member for medical assistance.

## How to Go During the School Day


1. **Ask your teacher or Academic Office staff for a pass to the Infirmary.**
2. Check in on the iPad and wait to be evaluated by a nurse. (Please be patient, as there may be times where you will need to wait to be seen.)
3. Follow the nurse's instructions. (You might rest, get medication, or go back to class.)
4. Be honest—this helps us take the best care of you!

## Medications

- **You can not keep medications in your room unless approved.**
- All medications (supplements & vitamins) must be stored in the infirmary and given by the RN.
- If you need meds daily, you will receive it from the RN or RFO after hours.
- Presenting a medication pass is ultimately your responsibility—repeated no-shows for med pass may result in demerits and/or Infirmary service hours.

## Be Respectful & Responsible

- Keep your voice down—others may be resting.
- No food, electronics, or visitors unless allowed by nursing staff.
- Follow all instructions from the nurse or staff.

 **Questions?** → Ask your nursing staff or resident life. We're here to help you stay healthy and safe!

- Email: [infirmary@stjohnsnorthwestern.org](mailto:infirmary@stjohnsnorthwestern.org)
- Phone: 262-646-7125