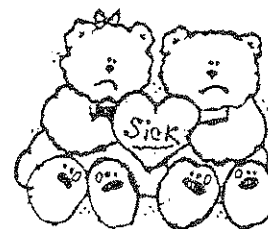




A MESSAGE FROM OUR SCHOOL NURSE

Is My Child Ill? Should I Send My Child to School?



One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school! Regular school attendance is important for establishing good work habits, a positive attitude and general success in school.

HOW DO YOU MAKE THE RIGHT DECISION?

You do not want to keep a child home if he/she really is not sick; but you also do not want to send a sick child to school.

FEVER

A FEVER is a warning sign that all is not right with the body. The best way to check for fever is with a thermometer, which every home should have. **No child with a temperature over 101 degrees should be sent to school.** When a thermometer is not available, check the child's forehead with the back of your hand. If the forehead is hot to your touch, keep the child home until the temperature can be checked with a thermometer. **Keep your child home from school until he/she has been fever free for 24 hours without fever reducing medication.**

Vomiting/ Diarrhea

Consult your doctor if your child has a **stomachache** which is persistent (more than 24 hours) or severe enough to limit activity. If **vomiting** occurs, keep your child home until food and water can be kept down and the child has not vomited in a 24 hour period. A child with **diarrhea** should be kept home until the condition has cleared up and 24 hours has passed since the last episode. Call your doctor if prompt improvement does not occur.

NOTE: THIS INFORMATION IS NOT INTENDED AS MEDICAL ADVICE.





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SPOTS / RASH

A RASH may be the first sign of a communicable or contagious disease such as fifth disease or strep throat. A rash may cover the entire body or may appear in only one area. Do not send a child with spots or rash to school until your doctor has said that it is safe to do so. Children with communicable diseases such as scabies, pinkeye, impetigo, ringworm, or "strep" throat can return to school when on an antibiotic or other appropriate medication for 24 hours or with a note from your physician stating your child is no longer contagious.

COLD/COUGH/SORE THROAT

The "**common cold**" presents as the most frequent problem to parents. A child with a "**mild cold**" but otherwise feeling well may go to school. A child with a "**heavy cold**", a continuous cough, or a deep hacking cough belongs home in bed even though he/she may not have a fever. **Do not send a child to school with a nagging or deep cough.** If your child complains of a **SORE THROAT** and has no other symptoms, your child may go to school. If white spots can be seen in the back of the throat or other symptoms are present (stomachache or headache) your child may have strep throat. Keep your child home and call the doctor.

PAIN

TOOTHACHE: Contact your dentist.
EARACHE: Consult your doctor without delay.
HEADACHE: A child whose only complaint is headache can usually come to school.

Encourage your child to use good hygiene skills such as frequent hand washing and covering their cough or sneeze.

Remember, all medication given at school must be in the original container and have a form on file signed by parent and physician. Your school nurse or health technician can assist you with this process if needed.

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