

IMPORTANT INFORMATION FROM THE SCHOOL NURSE



Below are some guidelines to follow if your child is sick or sent home from school with an illness. Hopefully if everyone follows the guidelines we can reduce the spread of any germs and your child will be healthy and ready to grow and learn.

WHEN SHOULD I KEEP MY CHILD HOME FROM SCHOOL?

Everyday we have children who are absent or sent home from school for various illnesses. Please remember to follow these guidelines in determining when your child is healthy enough to return to school:

- Students should be “fever-free” (less than 100.0 F) for a full 24 hours before returning to school. This is fever-free without the aid of medication.
- Students should be able to tolerate foods/fluids for a full 24 hours following a “stomach bug” with vomiting and/or diarrhea and be symptom free for 24 hours.
- Students diagnosed with a strep infection should have 24 hours of antibiotic and should feel well before returning to school.

The common cold: Since transmission of the common cold typically occurs before symptoms develop, it is not necessary to exclude children with a mild disease. However, a child with a fever, fatigue, constant coughing, lack of appetite or inability to concentrate on school activities should be allowed to remain home.

Having sick children come to school only to be sent home shortly after arrival makes the child uncomfortable, inconveniences the parent, and exposes other children in the school who then become sick. For now, stay healthy. Take some time to observe your child to make sure they are free from these nasty germs that are going around. When children feel well and are healthy, they enjoy school more and learn better.

Plenty of rest, a nutritious diet and good hand washing are our best defenses against spreading illness. Please reinforce this with your children. Thank you.