

# Illness and Health Room Policy

If a child becomes ill at school, the parent is notified. Generally, a parent is requested to pick up the child if the student is not feeling well enough to participate in normal school activities and exhibit symptoms such as:

- fever of 100° or higher
- fever with rash, behavior change or other symptoms
- difficulty breathing or constant coughing
- vomiting or diarrhea
- severe or constant pain
- signs of serious communicable diseases which need treatment and can be spread to others

Make sure each school office has your work number, cell number if applicable, and the phone number of two alternate persons to call. Other suspected communicable diseases requiring exclusion from school include chicken pox, impetigo, head lice, strep infections, or whooping cough.

**How long should your child stay home?** Below are general guidelines to follow. Any time you have questions, please consult your medical provider or school nurse. Please report cases of communicable diseases to the school nurse or attendance secretary.

- **FEVER:** Stay home until child is fever free for 24 hours without using fever-reducing medication and child feels well enough to participate in normal school activities.
- **VOMITING:** Stay home if child has thrown up in the last 12 hours.
- **DIARRHEA:** Stay home if child has had diarrhea two or more times in the past 24 hours.
- **COUGH AND SHORTNESS OF BREATH:** Continuous coughing or wheezing that causes chest pain should be evaluated by medical provider (who can clear the student's return to school).
- **HEAD LICE:** Stay home until all live lice are removed and remove as many nits (eggs) as possible. Children can attend school with nits. The school nurse will check the child's head when they return. Continue daily nit removal.
- **CHICKEN POX:** Stay home until all blisters have scabbed and are dry.
- **STREP THROAT:** Stay home until 24 hours of antibiotic therapy and free of fever for 24 hours.
- **INFLUENZA:** Stay home until fever free for 24 hours without using fever reducing medication and child feels well enough to participate in normal school activities.
- **COVID:** If you are diagnosed with COVID or have COVID symptoms, please stay home and talk to the school nurse about return options/plan.

## **First Aid Treatment/ Standing Orders:**

To help address injury and illness, we do use some basic first aid products and emergency medications with permission from the school medical advisor (Dr. Hunt). Products used in the health room include either Triple antibiotic ointment or Bacitracin, (unless student has a known allergy), Callergy Clear or hydrocortisone cream (for itching), Bee Sting Wipes, Burn Spray, Cough drops, Contact solution, Vaseline, Lubriderm or CeraVe or similar lotion for dry skin. We have diphenhydramine (Benadryl) for mild allergic reactions and Epipens in the buildings in case of severe anaphylactic reactions that could possibly occur during the school day. Albuterol for students with asthma or audible wheezing will be available in case a student has forgotten to bring their albuterol medication to school. We also have Tylenol and Ibuprofen, that can be given with parental permission for minor aches or pain.