



News from the School Nurse:

Healthy Bodies, Make Healthy Minds

Prevent the spread of illness and flu this season. . . .

Whether or not to keep a child home from school isn't always an easy decision. It is obvious that a very ill child does not belong at school, but there are other days when careful consideration must be given. As for whether a child should attend school or stay at home, the basic question to ask is whether or not the child can participate comfortably without interfering with the well being of other students and staff.

FEVERS: Children with fevers should not be in school. Remember that all ill children sometimes have normal temperatures in the morning but become feverish by afternoon. A child with a fever the afternoon before a school day should **STAY HOME** the following day. Return to school is appropriate after 24 hours fever free without the use of fever-reducing medications like Tylenol or Motrin.

Definitions of fever vary, but for school purposes the school health office uses a temperature 100 degrees F or above. On the other hand, some children feel very ill with smaller temperature elevations.



DIARRHEA/VOMITING: Children with diarrhea and/or vomiting should **STAY HOME** for 24 hours after the last episode, also without the use of antidiarrheal/nausea medication. If your child vomits or has a loose stool in the night or early morning please, **DO NOT** send them to school!

CONTAGIOUS DISEASES: Children with contagious diseases spread by contact, coughing or sneezing should stay home. Examples: influenza, chicken pox or strep throat. A child with strep throat may return to school after 24 hours on antibiotics, **IF FEELING BETTER.** Sometimes a child seems well enough to return to school in the morning, but by afternoon is not feeling well enough for classroom activities. They may need more time to recover.



Other Conditions: Conditions making children too uncomfortable to participate in class are also reasonable grounds for staying home. Examples: urinary tract infection, painful injuries, nagging coughs, and continuous nasal drainage.

Of course every child with a sniffle cannot miss school, but consideration for other students and staff is expected and appreciated. Children should be reminded to use tissues to cover coughs and sneezes and **ESPECIALLY** to wash hands frequently.

The best prevention for the spread of illness is **FREQUENT HANDWASHING!!!**

Any questions may be directed to the School Nurses
Holly Grubbs, Christina Williams and Lisa Oder at 620-544-4376