

Dear Parents,

Children need to come to school healthy and ready to learn. Below are a few guidelines we ask you to follow concerning your child's health.

1. **Absentee Calls** – If your child is going to be absent please call the school. Messages can be left after school hours on the answering machine. Leave your child's name, grade and reason for absence.
2. **Vomiting/Diarrhea** – If your child vomits or has diarrhea the evening before or the morning of school, please keep him/her home and monitor for 24 hours. Children can dehydrate very quickly. Seek the advice of your child's physician if they remain ill.
3. **Emergency Contacts** – In case your child becomes ill or is injured during school we need to be able to contact the parents/guardian or whomever you designate as an emergency contact. Children are very upset when they are ill and for them to stay extended periods of time at school when they need to be home is unfair to them and to the other students who come to the nurse's office.
4. **Temperature** – If your child has an elevated temperature (100 degrees or above) in the evening or morning before school and symptoms of a cold, cough, sore throat, stomach complaints, etc. keep him/her home and seek the advice of your physician. A child must be fever free for 24 hours, without medication (Tylenol or Motrin, etc.) before returning to school.
5. **Strep Throat** – If your child is tested for Strep throat, they should remain home while waiting for the results of the throat culture. **Your child may return to school following 24 hours of medication.**
6. **Red Eyes** – If your child has a red, itchy eye with a discharge, keep your child home and seek the advice of your physician.
7. **Colds** – Colds can turn into a more serious respiratory infection so if your child's cold symptoms are getting worse, call their physician and seek advice.
8. **Rash** – If your child has a rash that is itching or oozing, keep him/her home and seek the advice of your physician.
9. **Lice** – Check your child's hair on a weekly basis for lice. If you treat your child, please report it to the school nurse. This will assist the nurse in controlling the spread of lice.
10. **Poison Ivy** – Many children get poison ivy. A small patch of poison ivy usually clears up in a few days. If your child has poison ivy on their face, has several large patches of poison ivy on their body, if the lesions appear to be getting infected, or if the child is extremely uncomfortable, you need to contact their physician for treatment.

Please contact the school nurse immediately if your child has contacted a communicable disease or is hospitalized.