

## **Illness**

It is sometimes difficult to know if your child is too ill to attend school. The following are a few guidelines to help you decide:

1. If your child tells you he/she is not feeling well, ask what is wrong. You can usually gather good information from your child.
2. If your child has a temperature of 100 degrees F or more, a sore throat, diarrhea, or is vomiting, these are signs that your child needs to stay home. If these symptoms last for more than two days, please have your child seen by your family doctor. After 24 hours of not having any of those symptoms (fever, vomiting, diarrhea, etc.) your child may return to school. This reduces chances of exposing others to that illness and allows for your child to properly rest and get plenty of fluids to get well more quickly.
3. Remember, most school children have up to five or six "common colds" per year. You may send your child with a cold if your child is feeling well and doesn't have a fever.

Please remember to dress your child appropriately for the weather. Being cold or too warm puts added stress on your child making them more likely to get sick. Also, encourage good hand washing practices.

## **EMERGENCY PHONE NUMBERS**

Please provide two emergency phone numbers as well as your home and work numbers. When phone numbers change as with a move to a new location or a different job, please inform the office of your new number(s). It is helpful to have these numbers available if there is a need to reach someone to pick up a sick child.

## **HEAD LICE CHECKS**

As a precautionary measure, periodic head checks will be done on students to inspect for head lice. We want you to be aware of this and to be alert to the signs of infestation. Upon examination of the head, lice and/or nits (eggs) can be found on the hairs. They are most common above and behind the ears and on the back of the neck. Nits should not be confused with dandruff, which can be easily flicked off the hair. Nits are tightly cemented to the hair shaft and are very difficult to remove. If you find lice in your child's hair, please keep your child home and treat the hair. Remove any remaining nits with a fine toothed comb. It is advisable to repeat the treatment in one week even if no further signs or symptoms are present.