



### FROM THE SCHOOL NURSE

During cold and flu season to keep everyone as healthy as possible, we need to have children who have symptoms of illness stay at home. They cannot be given medications to treat the symptoms and then be sent to school to see how they do. Please use the following to decide whether your child should come to school.

### GO TO SCHOOL

If your child has any of the following symptoms, they should probably go to school:

- Sniffles, a runny nose and a mild cough without a fever (this could be an allergic response to dust, pollen or seasonal changes)
- Vague complaints of aches, pains or fatigue but they are alert and responsive

### STAY AT HOME

If your child has any of the following symptoms, please keep your child at home or make appropriate child care arrangements:

- **APPEARANCE, BEHAVIOR CHANGE**- Unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to keep a child home and see how they do.
- **EYES** - Thick mucus or pus draining from the eye. (With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.)
- **FEVER** - Temperature of 100 degrees or higher. Remember that a child must be fever free for 24 hours before returning to school – without using fever reducing medication.
- **GREENISH NOSE DISCHARGE AND/OR CHRONIC OR CONTINUOUS COUGH** - Should be seen by a health care provider. These conditions may be contagious and require treatment.
- **SORE THROAT** - Especially with fever or swollen glands in the neck. (With a diagnosis of Strep throat, the child may return to school after 24 hours on antibiotics.)
- **DIARRHEA** - Three (3) or more watery stools in a 24 hour period. Symptoms should be gone for 24 hours before returning to school
- **VOMITING** - Vomiting two (2) or more times within the past 24 hours. Symptoms should be gone for 24 hours before returning to school.
- **RASH** – Unidentified body rash, especially with fever or itching

If your child shows any of the above symptoms at school, it will be necessary for family to pick him/her up from school.

**Parents should ask themselves if “If my child were perfectly healthy would I want them to sit next to a child with these symptoms??”**

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