

Tips for Parents from the School Health Office

Many parents ask, "When is my child sick enough to stay home from school?"

This is not always an easy question to answer! We hope that these tips can help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

You should not send your child to school if he/she has:

- Fever in the past 24 hours. Do not give "Tylenol" before school, in an attempt to "get through the day"
- Flu like symptoms
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Bad cold, with a very runny nose or sore throat with a bad cough, especially if it has kept the child awake at night
- Unknown rashes (must be seen by a physician to be identified)
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Conjunctivitis (must be on prescription eye drops for 24-48 hours before returning to school)
- Please be diligent about checking for head lice and notifying the school if it is identified

If your child becomes ill at school and the school nurse feels the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that we have the correct emergency phone numbers and we suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill. **If your child is not attending school for any reason, it is very important to please let the school know that day, as per the school policy.** Thank you for your help in this situation.

It is essential to review with your child good hand washing techniques and covering coughs and sneezes to prevent the spread of illness.

Mrs. Colleen Kennedy, RN
School Nurse