

A Note From the Nurses Office:



How Sick is Too Sick for School?

Dear Parents,

Fall is in the air, and unfortunately the changing seasons and cool air can bring sick children. There have already been a few students in the office with fevers, sore throats and colds. I am writing to provide you with a few helpful hints regarding whether or not your child is sick enough to send to school. I hope that you find this information useful, and as always if you are questioning whether or not your child is too sick to be in school feel free to contact me!

We want to thank you for your cooperation in following these health precautions in order to protect your child and other children from illnesses. We know it can be difficult for working parents to have a sick child at home.

Sincerely,

Hannah Crochetiere, RN, BSN

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School Nurse

SOME IMPORTANT SIGNS OF ILLNESS:

1. A temperature of more than 100° orally.
2. Nausea or vomiting
3. Stomach ache
4. Diarrhea
5. Pale or flushed face
6. Headache
7. Persistent cough
8. Earache
9. Thick yellow/green discharge from nose
10. Sore throat
11. Enlarged tonsils or glands
12. Rash or infection of the skin
13. Red or pink eyes
14. Loss of energy or decrease in activity

TEMPERATURE: Your child **MUST** remain home if he/she has a fever over 100°. School policy reflects that your child be fever-free without medication, for 24 hours before returning to school.

DIARRHEA or VOMITING: Your child should be free of diarrhea and vomiting for 24 hours before returning to school.

CONTAGIOUS DISEASES/ CONDITION: Your child must remain home when he/she shows symptoms of a contagious disease such as strep throat, conjunctivitis (pink eye), flu, impetigo, ringworm, or if head lice is suspected. Please feel free to call the school nurse if you have any questions.

NASAL DISCHARGE : If your child has copious, continuous, uncontrollable nasal discharge, this increases the risk of exposure and illness to other children and staff. Please keep your child at home until the secretions are more controlled.

HEAD LICE POLICY

Anyone can contract head lice. Having head lice does not indicate poor hygiene. Head lice do not cause disease, but it is a time-consuming nuisance. If the school nurse finds evidence of head lice, the child will be sent home for the parent to administer treatment. Upon completion of this treatment and before the child is allowed back in school, he/she must be re-examined by the school nurse. All nits (eggs) must be removed before returning to school. This is a time-consuming, but necessary task that helps ensure that the head lice does not spread to others. Please call the school nurse if you suspect head lice, so that other children in the classroom can be checked.

STREP THROAT

Most sore throats are caused by viruses. However, for children there is a tendency to develop strep throat. According to literature, you can suspect strep if the tonsils are enlarged, there are white patches on the tonsils and/or there are enlarged lymph nodes in the neck and under the chin. Often times strep throat can be accompanied by a low grade fever and either a headache or stomach ache. The only way to diagnose strep throat is with a throat culture. The physician will usually prescribe an antibiotic such as penicillin, and your child should stay out of school at least 24 hours after the medication has been started and he or she is fever free.