

Dear Parents:

During the school year there are a lot of colds, flues, viruses, and other illnesses. In an effort to keep our school environment healthy, please observe the following recommendations in regards to ill children.

COMMUNICABLE DISEASE

Schools bring children into close physical contact, thus giving communicable diseases an opportunity to spread very quickly. Often parents aren't sure when a child should be kept home from school. The following are symptoms associated with many of the common communicable diseases:

1. Pain and stiffness of neck and headache.
2. Severe sore throat (especially if accompanied by a fever).
3. Swelling and tenderness of glands, especially neck glands.
4. Cough, if persistent and productive.
5. Nausea and vomiting.
6. Diarrhea and persistent abdominal pain.
7. Jaundice - yellowing of eyes or skin.
8. Rash.
9. Red eyes accompanied by drainage.
10. Earache.
11. Fever of 101° or over.
12. Listlessness, or unexplained fatigue.

If a child has any of the above symptoms, they should be kept home until the symptoms have subsided or until a doctor has had the opportunity to determine if a child's condition is contagious or if they may return to school. A note from the doctor explaining the child's condition and any restriction would be appreciated and would assist us in safeguarding your child.

If your child is running a fever or is on antibiotics, check with your doctor as to when it is recommended your child return to school. Many pediatricians recommend a child be fever free or on antibiotics for a minimum of 24 hours.

If your child has any chronic health conditions, please obtain a note from your doctor confirming the diagnosis so we can appropriately meet your child's health needs. Allergies and ongoing skin conditions cause red, runny eyes and rashes that are not contagious. A note from your doctor's office alerting the school office of any such condition will prevent us from unnecessarily sending your child home.

If you suspect your child has head lice, please inform the school office. Information will be kept confidential and your child's classroom will be screened. Before your child can return to school, they must be "nit free". You will need to make an appointment with the school's clerical/health aide for a screening to determine that. At that time, you will also need to provide proof of treatment with a head lice shampoo (bottle or box).

Thank you for your cooperation,

Aimee Surma, R.N., B.S.N.
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