

REMINDER FROM THE SCHOOL NURSE

When should I keep my child home from school. Below are some guidelines to follow.

- 1. Child should be fever free for 24 hours.** A child's temperature is lowest in the morning, so a low temperature on awakening is not a true indicator. If you have given your child Tylenol or Motrin at night, the medication could still be affecting your child's temperature. A child should be fever free without the assistance of medication for 24 hours before returning to school. Temperatures should be less than 100°.
- 2. A child diagnosed with strep throat/scarlet fever should remain home for the first 24 hours of antibiotic treatment.** A child remains contagious until he/she has been on antibiotics for 24 hours.
- 3. A child should be free of vomiting/diarrhea for 24 hours before returning to school.** A child who has been ill during the night may feel slightly better in the morning and even ask to go to school. However, the child will likely experience symptoms of illness later, will also be tired from loss of sleep, and will still be contagious to other children.
- 4. A child diagnosed with conjunctivitis may attend school after 24 hours of treatment.** There should also not be any drainage from the eyes.
- 5. A child with thick or constant nasal discharge and productive cough should remain home.** Very few younger children can effectively blow their noses and wash their hands afterwards. A child with the above symptoms will quickly spread the illness to other children
- 6. A child with a rash may be excluded pending diagnosis.**

If a child has a temperature above 100°, pink eyes, vomiting/diarrhea, rash, has copious nasal congestion and or a constant disruptive cough they will be sent home.

PLEASE REVIEW GOOD COUGH OR SNEEZE ETIQUETTE WITH YOUR CHILD

- Cover the mouth with a tissue or elbow. Throw the tissue in the trash.**
- Remind them to avoid touching eyes, nose, and mouth.**
- Moreover, wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating; and after blowing the nose, coughing, or sneezing.**