



## Health Services

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Dear Parents,

The schools are working hard to keep your child well as another cold and flu season begins. With this in mind, there are ways that you can assist us in our efforts.

As a parent, there are times when your child is not feeling well and you are not sure if you should keep them home from school. Given the close contact students have in their classroom, it is important to know when **not** to send your child to school and when to seek medical care. Below are guidelines to assist you in determining when to keep your child home and when you may need to seek medical care or advice.

### Keep your student home from school when:

- They have diarrhea or are vomiting
- They have a fever greater than 100°, muscle aches, fatigue, congestion, cough and runny nose
- They have a runny nose, eye drainage, sneezing, sore throat, moist cough

### Keep your student home from school and seek medical advice or care when:

- Temperature is over 101°, lasting more than 48 hours
- Vomiting or diarrhea persists for more than 2 days
- Swollen glands, white spots in the back of the throat, sore throat in which swallowing is painful, neck stiffness
- Coughing is repeated, forceful, lasting more than a week and is accompanied by thick mucus and vomiting after coughing
- Skin rash with fluid filled bumps, or a rash that spread from the face to the trunk and limbs

When your child is home ill, be sure they have sufficiently recovered before allowing them to return to school. **Your child needs to be without fever, diarrhea and/or vomiting for 24 hours, without the use of medication, before they return to school. If a throat culture is sent for your child, please do not send your child to school until you are notified of the results and completed 24 hours of any prescribed medication.** They need to be rested, having slept through the night without waking. When in doubt, keep your child home an extra day to ensure his/her healthy return to school and lessen the chance of a relapse and spread of illness.

The most important prevention strategy known to avoid the flu or a cold is good hygiene. Please continue to teach and encourage your child to wash their hands properly, cover their nose and mouth with a tissue when coughing or sneezing, or cough/sneeze into their elbow or shoulder if a tissue is not available.

Thank you for your continued support and cooperation.

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