



From the desk of the school nurse.

Should my Child Go to School Today?

That can be a tricky question. It is not possible to cover all the scenarios but here are a few guidelines that should help.

- 1. Fever:** If your child has a fever (a temperature of 100.0 F. or greater) they should remain at home until they have been fever-free for a full 24 hours without giving Tylenol or Ibuprofen and they have returned to their typical behavior. It is important for you to take your child's temperature **before** giving the fever-reducing medicine.
- 2. Vomiting and/or diarrhea:** Your child should remain at home until they have been without any episodes of vomiting or diarrhea for a full 24 hours and have resumed a typical diet. If your child has had any of these symptoms during the night she/he should not be sent to school the following day.
- 3. Cold symptoms:** Runny noses are a fact of life with little ones. However, if the drainage is thick and green or if your child has a persistent or productive cough please have your child stay home. Consult with your child's doctor. A constant dry cough can be a sign of more serious respiratory problems and the doctor should be notified.
- 4. Sore throat:** If your child has a persistent or severe sore throat they should remain at home. You should consider contacting your child's doctor if there is fever, white patches on the tonsils, swollen tender glands, headache, or stomachache. These could indicate possible strep infection. If that is the case, your child should remain at home until he/she has had 24 hours of antibiotics and have resumed typical activity.
- 5. Earache:** If your child complains of ear pain he/she should remain at home until he/she can be evaluated by his/her doctor.
- 6. Redness or discharge in the eyes:** Redness in the white part of the eye, burning or itching, yellow or white matter or crusted eyelashes are the signs of pink eye or conjunctivitis. **This is very contagious.** Your child should remain at home until she/he has seen the doctor and has been on medication for 24 hours.
- 7. Rashes:** Rashes can be difficult to evaluate. If they are all over the body, blistered, oozing, or painful this could be a sign of a contagious infection such as measles or chicken pox. Please consult with your child physician before sending them to school. Also, if you do not know what the rash is from. That is another time to check with your child's physician before sending them to school. (Sometimes you can take a picture of the rash and send it to the doctor's office.)

In conclusion, please remember that these are just guidelines. A general rule of thumb would be, if in doubt keep your child home until they can be checked out further or they become better. This is for the health and safety for everyone involved, your student, your family, other students, school staff, faculty, volunteers, and bus drivers. Thank you for your time and attention.

If you have questions or comments, the best way to contact me is via email at jennifer.hesselbrock@stvivian.org. I am here on Tuesdays and Wednesdays.