TOO SICK FOR SCHOOL?

It is cold and flu season again, and it is inevitable that children will have some kind of illness during the school year. You do not want your child to miss school; however, sending a sick child to school may endanger him or her and other students as well.

Do not send your child to school if he/she suffers from any of the following:

FEVER—Your child should stay at home when they have a fever over 99.6. If your child has had a fever, he/she should not return to school until he/she has had a *normal temperature for 24 consecutive hours.*

DIARRHEA OR VOMITING—When your child suffers from repeated episodes of diarrhea or vomiting, please keep your child home for *24 hours after vomiting or diarrhea has stopped*.

RASH—Your child should remain home with any rash especially when a fever is present. He/she should not return to school until it has been diagnosed by your physician.

CONJUNCTIVITIS-- (pink eye)—If your child's eye is red (especially with burning and discharge), he/she must be evaluated by your physician. Your child must be treated with an antibiotic for 24 hours and the symptoms must improve before returning to school. The school will need a note from your physician indicating that your child is being treated.

COLDS, COUGHS AND RUNNY NOSES---   Unfortunately viruses are most contagious just BEFORE we get sick. Once a virus begins making its rounds, most children are exposed before the ill child shows any signs of the illness. Some children, particularly those with allergies, seem to have a "cold" all winter long. Many people may carry a virus without showing any symptoms. A child with a cold should stay at home when he/she has a fever or appears too sick to function in the classroom. Symptoms may include paleness, being tired, a decreased appetite, or coughing constantly. You should contact your physician for advice any time your child shows severe symptoms for more than a few days.

If you have any questions, please do not hesitate to contact the school nurse at your child's school.