

We ask that our learners come to the health office first when they are not feeling well, rather than call a parent directly for pick up and then report to the Health Office for a nurse dismissal. Please note that individuals entering the School Health Office may be asked to wear a mask, in accordance with standard infection control procedures, for the protection of staff and learners.

If your child becomes ill at school and needs to go home, your school nurse will always try to contact you as a parent/guardian first. If staff are unable to reach parents/guardians and determine that they must go home, the emergency contacts will then be called.

Please make sure that the emergency contact list is updated, numbers are current, and that people listed are available during the day. Your child will not be allowed to leave school without contacting a designated adult.

When a learner is sick, parents often wonder whether or not to keep a child at home from school. If a child stays home and has the care he/she needs when first sick, he/she will often get better faster. Staying home and resting will help the body fight the sickness. Additionally, staying at home is also one of the best ways to keep others from becoming ill.

#### **When to stay home:**

- Severe colds, coughs, or sore throats
- Eye infections, especially if discharge is present
- New skin rashes, especially if draining—unless medical opinion states rash is not contagious
- Temperature of 100° or more with or without symptoms of an illness
- Nausea, vomiting, diarrhea, or abdominal pain
- Any other sign of acute illness
- Until results of MD ordered laboratory tests (i.e., throat culture, nasal swab) are known.

#### **When to return to school:**

- They feel well enough to participate in normal school activities
- **They are free of any episodes of fever, vomiting, or diarrhea** in the 24 hours prior to return, without use of medication as an intervention.
- On an antibiotic for at least 24 hours
- **OR**
- You provide a note from the doctor stating your child can return to school

It can be difficult to decide whether it is really necessary to keep your child home. There are no sure rules to follow as we are dealing with variables. Hopefully, the above guidelines will be helpful to you in making this decision.

#### **Absences:**

It is important to report your child's absence each day your child is absent from school. Please call the attendance line/ or nurse's office and report your child's:

- \* Name
- \* Grade
- \* Nature of why they are absent (ill, appointment, etc)

If your child has symptoms of, or has been diagnosed with, any communicable diseases (ie. influenza, other viral illness, chicken pox, strep throat) or symptoms (ie. fever, cough, diarrhea, abdominal pain, or vomiting) we would appreciate that you communicate this private information directly to your school nurse.