

Note From School Nurse's Office

What should I do if my child is sick?

If children are sick, they should stay home. Sometimes parents send a sick child to school because they have to go to work and can't stay home with the child. But a sick child often makes other school children sick. Do not send your child to school if:

- The child has a fever of 100° F or higher
- The child threw up the night before or in the morning before school
- The child is coughing a lot
- The child has a skin rash or sores
- The child has "Strep" throat (Strep throat usually appears as white or yellow spots in the back of the throat, a fever and difficulty swallowing. Your child can go back to school after taking an antibiotic for 24 – 48 hours.)
- The child must be fever free for 24 hours (without the aid of Motrin, Tylenol, etc.) before they return to school
- The child must be symptom free for 24 hours before returning to school
- A child who has started antibiotics needs to be on the medication for 24 hours before considered non-contagious and able to return to school.
- The child is well enough to participate in class. Some sick children are so "wiped out" by their illness that they are unable to get something positive out of school and may actually benefit from staying home the extra day to rest.

We realize this may be an inconvenience for some families, however, we must adhere to these guidelines for the safety of other children, our staff and to comply with state regulations.

Thank you for your anticipated cooperation. If you have any questions please do not hesitate to contact the school at 609 386-1645