

**Maryville City Schools**  
**Health Services**  
**Guidelines for Illnesses**

- **Abdominal pain** – note location of pain, time of onset, quality, intensity of pain, any nausea, vomiting or diarrhea. Take temperature and have student lie down in a comfortable position. Notify parent and send home if vomiting, diarrhea, or fever is present.
- **Chest pain** – note onset (time), location and intensity of pain, difficulty breathing, dizziness or other unusual findings. Notify parent.
- **Cramps** – take temperature. Determine intensity, location and onset of pain, any nausea or vomiting, or feelings of faintness. Notify parent if appropriate.
- **Diarrhea** – take temperature, notify parent and send student home. Provide water to prevent dehydration. The student must be free from diarrhea for 24 hours without the use of anti-diarrhea medication before returning to school.
- **Dizziness** – determine cause of symptoms. If related to inner-ear disorder, allow student to rest in a comfortable position. Notify parent if appropriate.
- **Earache** – take temperature. Notify parent and send home if appropriate.
- **Eyes** – note the color of the conjunctiva (white portion of eyes), any redness, drainage, swelling or sties. Notify parent and send home if appropriate.
- **Fainting** – allow the student to rest and provide fluids if appropriate. Notify parent.
- **Fever** – take temperature. If temperature is 100 degrees or above, the student must be sent home. If the student has a temperature of 105 degrees or higher, EMS (911) should be called if a parent cannot be contacted immediately. Must be fever-free for 24 hours without use of fever-reducing medication before returning to school.
- **Headaches** – may be a symptom of other illnesses. It is important to check for an elevated temperature. Encourage fluids. Notify parent if headache worsens or accompanied by fever or stiff neck. Notify parent if headache is associated with head injury.
- **Nausea** – take temperature. Allow the student to lie down in a comfortable position.
- **Poisoning Emergencies** – contact the parent and Poison Control Center at 1-800-222-1222. If appropriate, EMS (911) should be called.
- **Skin color** – note if skin is pale or flushed. Take temperature. Notify parent if temperature is 100 degrees or above or if student has other symptoms such as difficulty breathing, etc.
- **Sore throat** – take temperature and notify parent, send home if appropriate. If temperature is 100 degrees or above, the student must be sent home.
- **Toothache** – notify parent, send home if appropriate.
- **Vomiting** – take temperature, notify parent and send student home. Allow the student to lie down in a comfortable position while waiting for parent. The student must be free from vomiting for 24 hours before returning to school.

**Call EMS (911) for any life-threatening emergencies.**