

Revised April 2010

## Parent School Health Information

### Too Sick for School Guidelines

When should your child stay home from school and when should parents be called to pick up their child from school?

Children sent to school when they are sick cannot concentrate on content being taught in the classroom. Teachers are concerned with the health and safety issues of all children, but their main objective is to provide the best education for the children. If a teacher has to concentrate on taking care of a sick child in the classroom, this takes away valuable educational time. When there is a clinic on campus, this clinic is to maintain your child for a short period of time only. When a parent is notified their child is not well it is the parents responsibility to pick up the child within an hour. It is best practice to keep your child at home when he/she complains of feeling sick. Please remember to always provide current home, work and emergency telephone numbers where you may be reached in the event your child is sick and needs to come home. If you do not have a home or work phone we need the number of a relative or neighbor that can contact you when necessary. We understand parents must work, but arrangements need to be made for someone to pick up your child in the event of illness at school. If a child becomes very ill at school and the parents cannot be reached it may become necessary to call 911 to take the child for medical attention at parent expense.

1. A runny nose is the way many children respond to pollen, dust, chalk, or simply change of season. If it isn't a common cold, then it is possibly allergies and allergies are not contagious. The child should not miss school unless the allergic responses are severe enough to cause respiratory difficulty. Parents should send an adequate supply of tissues for the child to use during the day.
2. A bad cold or cold symptoms can indicate a severe cold, bronchitis, flu or even pneumonia. Some children may be unfortunate enough to suffer one cold after the other during the season and a common cold should not be a reason to miss school. However, good hand washing techniques, and covering the mouth and nose when coughing and sneezing should be taught and encouraged by parents as well as school personnel. Tissues should be sent to school for the child to use during the day. If the child is not acting as usual, has difficulty breathing or is becoming dehydrated, it could be serious and a visit to the child's doctor is highly recommended. Rest and plenty of fluids are always encouraged.

3. Diarrhea and vomiting make children very uncomfortable, and being near a bathroom becomes a top priority. If a child has one episode of diarrhea or vomiting, does not have a temperature and no other episode occurs the child may stay in school. However, if there are repeated episodes of either diarrhea or vomiting the child should be picked up by the parent. If the child has diarrhea and vomiting, accompanied by fever, a rash or general weakness, consulting the child's doctor is highly recommended. If any of these symptoms are present before school the parent should not send the child to school. A child can easily become dehydrated and malnourished when diarrhea and vomiting persist and can lead to a very serious, life-threatening situation for the child.

IF A SICK CHILD IS TAKEN TO THE DOCTOR, PLEASE REQUEST A NOTE FROM THE DOCTOR STATING THAT HE/SHE MAY RETURN TO SCHOOL. THIS NOTE SHOULD ALSO INCLUDE DIET RESTRICTIONS AND ANY LIMITATIONS THAT MAY BE NECESSARY.

4. An elevated temperature of 100° or above is an important symptom, when it occurs along with a sore throat, an earache, nausea, listlessness, or a rash the child may be carrying something contagious. Students with a fever greater than 100° may not return to school until fever free for 24 hours **without** fever reducing medicine.
5. Strep throat and Scarlet fever are two highly contagious conditions caused by a Streptococcal (bacterial) infection, the two conditions usually are recognized by a sore throat and high fever, a rash will also appear. A child with either Strep throat or Scarlet fever should be kept at home. A parent will usually take a child to the doctor for these conditions and the parent should request a medical release for the child to return to school.
6. Chicken Pox, a viral infection is not life threatening to most children, but it is very uncomfortable and extremely contagious. The child may have a fever, is itching and begins to have pink or red spots (with watery fluid centers) on the back, chest, and or face; the chances are it is chicken pox. Please notify the school if your child is diagnosed with chicken pox. It is very important that schools are made aware because some children have low functioning immune systems and chicken pox could be life threatening for them. The child with this illness should be kept at home for at least one week from the first time symptoms appeared and at least two days after the last spot appeared, whichever period is longer. The rash spots should be dry and scabbed over before returning to school.
7. Measles (Rubeola) is a viral infection that attacks a child's respiratory system, causing a dry hacking cough, general weakness, red inflamed eyes and fever. If these symptoms appear, the child should be kept at home and seen by the

child's physician immediately to prevent more serious complications. If it is a doctor confirms it is a case of measles, please notify the school so we can be alert for the symptoms in other children. The measles rash of tiny hard bumps will appear on the child's face, behind the ears and down the body. Your child's doctor must report this disease to the local Health Department. The doctor will usually advise the parents to keep the child at home several days after the rash has disappeared. WITH PROPER IMMUNIZATIONS WE HOPE THIS DISEASE WILL NO LONGER BE A PROBLEM FOR CHILDREN.

8. Conjunctivitis or pink eye is highly contagious and uncomfortable, so be aware that if your child complains of eyes burning, itching and produces a whitish discharge, the eyelashes may be matted together upon arising in the morning from sleep. Minor cases (caused by virus) and severe cases (caused by bacteria) require treatment with eye drops prescribed by the doctor. Please request the doctor provide a medical release for the child to return to school.
9. Ear infections are also contagious and, unless properly treated can cause permanent hearing damage and loss. This condition should have a doctor's evaluation. Antibiotics are usually ordered and the child should be without discharge from the ear and fever for 24 hours before returning to school. It is best to ask the doctor for a release for the child to return to school.
10. Mites and lice once brought into the home or school can quickly produce an epidemic of itching and scratching. Mites are tiny insects in the same class as spiders and ticks; they irritate the skin and cause scabies. Lice are tiny parasites (like ticks) that thrive on warm, damp scalps of children and adults. Caution your child and family members against sharing anyone's comb brush, clothes, helmets, hats, caps, scarves, or any other personal item. If your child or family member becomes a host to mites you will need to consult your physician. If it is a situation with head lice you may check with the doctor, local Health Department. Your child's school has information available for treating a head lice problem. Lice cannot survive longer than 48 hours away from the human host.

LAKE COUNTY SCHOOLS HAS A NO NIT POLICY, SO IF YOUR CHILD HAS LICE, HE/SHE MAY NOT RETURN TO SCHOOL UNTIL ALL LICE AND NITS ARE REMOVED.

11. Scabies is usually treated with a medication ordered by the doctor. Please ask the doctor for a release for when the child may return to school.