

HEALTH GUIDELINES

Dear Parent or Guardian:

The following are guidelines designed to assist us in providing your child with the best school health services:

1. Observe your child every day before sending him/her to school. If he/she shows any signs or symptoms of illness, keep him/her at home. The child should be symptom free for 24 hours before returning to school.
 - a. Fever
 - b. Nausea or vomiting
 - c. Diarrhea
 - d. Coughing, sneezing, or runny nose
 - e. Sore throat
 - f. Rash
 - g. Pain anywhere
 - h. Unusual pallor (pale)
 - i. Dizziness or faintness
 - j. Red or runny eyes
 - k. Swollen glands
 - l. Unusual fatigue
2. Notify the school if your child is absent for any reason. A new state law requires the school to contact you if your child is absent and we have not been notified of the reason for the student's absence.
3. Send a note signed by parent or guardian with the child when he/she returns to school after any absence.
4. A note from either a parent or person licensed under the Medical Practice Act is required for a student to be excused from physical education classes.
5. A note signed by a doctor is required when:
 - a. The child has recovered from the measles (rubeola), German measles (rubella), strep throat, scarlet fever, hepatitis, long term illness, or any condition requiring hospital or surgical care.
 - b. A child returns to school with a cast, sling or using crutches. The note should include information about specific restrictions and length of time the child will need to comply with these restrictions.
 - c. A child returns to school with a rash. Verification by a doctor is needed that the rash is not contagious.
6. Contact the school nurse for information regarding your child needing medication during school. A request form must be completed by the physician prescribing the medication. Children may not take medication at school, including cough drops, without written permission from a physician.

Thank you for your cooperation,

School Nurse