

## HEALTH GUIDELINES

In order to provide as healthy a school environment as possible for all children and staff, the following guidelines have been prepared to assist you in decisions relating to your child's health and school attendance. If your child is not feeling well and you are uncertain about sending him/her on any given school day, it is best to keep him home and observe him for further symptoms. If a child is too ill to attend school in the morning it is recommended that he/she stay home all day.

When keeping your child home, **please notify the school nurse or school office by 8:00 a.m.** that your child will be absent and the nature of the illness. If your child is out for three or more consecutive days a note may be requested from your physician in order to return to school.

<b>COLDS</b>	Student needs to remain at home if he/she has an <b>excessive</b> runny nose, excessive coughing, an elevated temperature or is too uncomfortable to function in school.
<b>INFLUENZA FLU (Respiratory)</b>	Students need to remain at home if he/she has a fever, headache, body aches, cough, sore throat, nausea, vomiting, or diarrhea. Flu viruses spread in respiratory droplets caused by coughing or sneezing. Touching the virus-infected area and then touching ones eyes, nose or mouth can infect a person. Good hygiene is extremely important. The student must be free of an elevated fever (100 degrees or greater) for <b>24 hours</b> without the use of fever-reducing medications prior to returning to school.
<b>DIARRHEA</b>	If a student has diarrhea 2 times in a day, he/she needs to remain at home until diarrhea subsides and <b>no other signs of illness exist.</b>
<b>STOMACH VIRUS/FLU</b>	Students need to remain at home if he/she has nausea, vomiting, diarrhea and stomach cramping. All body fluids are considered possibly contagious. Always use good hand washing and hygienic bathroom habits. He/she may return to school <b>24 hours</b> after the last vomiting episode and when eating, drinking and bathroom habits return to normal.
<b>EYE INFECTIONS</b>	Inflammation or watery eyes requires assessment to rule out conjunctivitis (pink eye) or possible eye injury. The student will not be able to attend school if conjunctivitis is accompanied by symptoms that include, but are not limited to, red eyes, itching, and/or discharge. Students diagnosed with conjunctivitis may return to school <b>after 24 hours</b> of antibiotic treatment or with a physician's written approval.
<b>FRACTURES AND SURGERIES</b>	Parents need to contact the nurse when a child has a serious illness or injury. Modifications to physical activity and mode of travel throughout the building need to be evaluated. Please provide your nurse with <b>written information</b> from your physician as to your child's level of activity in physical education and recess.
<b>SCHOOL INJURIES</b>	The nurse will assess the injury, administer first aid and notify parents by phone and/or note as to the type and status of injury.
<b>HEAD LICE</b>	Students need be treated as recommended by your doctor or pharmacy. Children may return to school after treatment. Notify the school if your child has head lice.
<b>RASHES</b>	The student is to remain at home with any undiagnosed skin rash or present a doctor's note stating the rash is non-contagious.
<b>STREP THROAT</b>	Must be reported to school. Students need to be treated with antibiotics for <b>at least 24 hours</b> before returning to school if there is a positive throat culture. Rapid throat cultures are not conclusive. Results of a 24-hour throat culture are needed before sending your child back to school.
<b>FEVER</b>	Student needs to be free of an elevated fever (100 degrees or greater) for <b>at least 24 hours</b> without the use of fever-reducing medications before returning to school.
<b>HEAD INJURY</b>	Students presenting with a head injury will be observed by the school nurse and a call will be made to a parent/guardian. If the student presents with symptom(s) related to head trauma they will be sent home with a referral to their physician.
<b>PERTUSSIS</b>	Must be reported to the school. Students need to be treated with antibiotics for <b>5 days</b> before returning to school if their pertussis test came back positive. Results of the test are needed before sending your child back to school.

**Crow Island**  
**Greeley**  
**Hubbard Woods**  
**Skokie School**  
**Washburne**

### **SCHOOL OFFICE**

847-446-0353  
847-446-6060  
847-446-0920  
847-441-1750  
847-446-5892

### **NURSE'S OFFICE**

847-446-1048  
847-446-2638  
847-446-1062  
847-441-2194  
847-446-6260