



Watauga County Schools

Dear Parent or Guardian:

School Health Services is proud to be part of the team effort that supports student success in our county. As your school nurse works with you this year, we need your assistance and cooperation in preparing for the possibility that your student might become ill, or have an accident during school hours. We hope this letter will explain our procedures.

The main reasons for keeping your student home are he/she is too sick to participate comfortably at school or might spread a contagious disease to other students. If your student has been **diagnosed with a contagious disease, please contact the clinic** so other student's parents and school staff may be alerted of the symptoms. **Primary reasons to keep your student home from school include the following conditions. Your student may not return to school until they have been fever-free and symptom-free for a minimum of 24 hours and ONE complete school day.**

- **Fever >100.4 F:** Should stay home until there is NO FEVER for 24 hours WITHOUT MEDICATION. Call your doctor if the fever is with pain, rash, weakness, vomiting or diarrhea.
- **Diarrhea & Vomiting:** Should stay home with one event of watery diarrhea or vomiting. Call your doctor if diarrhea or vomiting continues or with fever, rash or weakness.
- **Persistent Coughing:** Should stay home if cough worse than you would expect with a cold. Call your doctor if trouble breathing or has a fever.
- **Sore Throat:** Should stay home if sore throat with fever or severe sore throat without fever. Call your doctor if there is a quick onset of fever and sore throat without cold symptoms.
- **Pinkeye:** Should stay home if eye red with cloudy or yellow drainage. Call your doctor for treatment.
- **Persistent Ear Pain:** Should stay home if severe or recurrent ear pain. Call your doctor for treatment.
- **Chickenpox:** Should stay home until all bumps are scabbed and no new bumps have shown up in 2 days. Call your doctor for treatment of symptoms.
- **Impetigo:** Should stay home if red, oozing blisters with yellow scabs on body or face. Call your doctor for treatment and release to return to school.
- **Scabies:** Should stay home with scabies itching and rash for 24 hours after treatment begins. Call your doctor for treatment.
- **Head Lice:** Students need to stay at home until all live lice and nits (eggs) that are within 1/2 inch of the scalp have been removed following application of a lice killing product or procedure.

When there is doubt in your mind about sending your student to school, consult your doctor. Your school nurse or principal may ask for a "Release to Return to School" from your doctor before returning to school. **Remember to make sure that your student's school knows how to reach you during the day.**

Working together, we can promote the health and wellbeing of your student and ensure they obtain the maximum educational benefit while at school. Please contact your School Clinic if you have any questions or concerns.

Respectfully,

School Health Team
Watauga County Schools