

Dear Chimacum Family:

I hope you have a happy, healthy vacation! There are a few steps you can take to keep yourself, your loved ones, and classmates healthy during breaks and upon return to school.

- Wash hands often and especially before touching any part of your face or eating.
- **Stay home if you are feeling ill.**
 - **Stay home for 24 hours after a fever is gone without medication and until symptoms are significantly improving**
 - **Stay home until symptoms Improving, even without a fever**
 - **After vomiting or diarrhea, stay home for 24 hours after your last bout**
 - **Rashes:** There are many reasons for childhood rashes. Even pediatricians aren't always sure what the cause is. If your child has an elevated temperature, is feeling unwell, or there's blisters or sores, stay home until resolved. Some childhood rashes come after an illness has subsided and the person is no longer contagious. Some rashes require antibiotics. What's important is how your child feels:
 - Do they have a fever?
 - Are there blisters or sores?
 - Is it itchy or painful?
 - Are they staying awake or fatigued?
 - Are they hydrated/getting enough fluids?
 - Are they breathing normally or like they've been running?
 - A rough rash that covers most of the body along with sore throat and possibly high fever should be checked by a doctor.

If your child looks or is acting ill, keep them home and monitor for increasing illness and reasons to see a doctor, such as: Lethargic, hard to stay awake, breathing rapidly or heavily, not drinking or taking in fluids, or any time your gut tells you to see a doctor. See the rash reference links below for more information.

- **Lice:** Stay home until you have treated the hair for the infestation. Best practice is to also comb for nits every 2-3 days for 2-3 weeks after treatment. Please see this link for detailed treatment advice: <https://www.cdc.gov/parasites/lice/head/treatment.html>

Mularoni, Patrick. 2023. Johns Hopkins Medicine. When to Worry About a Child's Rash.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/when-to-worry-about-a-childs-rash>

Olsson, Regan. 10/31/2020. Banner Health. Rashes on Children: When Should I Worry?.

<https://www.bannerhealth.com/healthcareblog/better-me/rashes-on-children-when-should-i-worry>