

## **TIPS FROM THE NURSE'S OFFICE**

1. If your child has been vomiting during the night:
  - a. **DO NOT** send him/her to school the following morning.
  - b. **DO** allow him/her to rest, give sips of fluids and then progress to more bland foods, example: toast, bananas, rice, etc.
  
2. If your child has a fever prior to coming to school:
  - a. **DO NOT** give him/her a fever-reducing medication and then send to school. (Children with fevers are considered contagious and medication only masks the symptoms for a few hours).
  - b. **DO** keep your child at home and away from other children. Give fluids.
  
3. If your child complains of a stomach ache and is disinterested in eating breakfast:
  - a. **DO NOT** send to school until:
  - b. **DO** check temperature, check throat. Suggest the use of the bathroom. Wait an hour or so to determine if your child is well enough to attend school.
  
4. If you discover head lice in your child's hair:
  - a. **DO NOT** send to school.
  - b. **DO** notify the nurse's office in order to halt further infection to other students and to receive instructions in the treatment of head lice.
  
5. **HAND WASHING: (AT HOME OR AT SCHOOL)**
  - a. Please instruct your child on the importance of FREQUENT hand washing, especially after using tissues from blowing nose, coughing, sneezing or after using the bathroom.
  - b. Also, please encourage your child to wash hands prior to lunch or before any meal or snack.
  
6. **EMERGENCY & WORK/CONTACT PHONE NUMBERS (on the EMERGENCY CARD)**
  - a. Keep work numbers for parents precise (extension #'s, etc.) and up-to-date so we are able to reach you quickly.
  - b. List only people and phone numbers who are available to pick up your child if needed (not people who are working or live far away and are unable to come for your child).