

Reminder from your school nurse

We have had several students come to school not feeling well lately. Many have told us they were sick over the weekend or the night before. In order for your child to be healthy and alert for learning, and to control communicable diseases in the school, it is important to keep your child home for the following reasons:

- **Vomiting and/or Diarrhea** - Your child should stay home until the illness is over, and for 24 hours after the last episode (without medication).
- **Bad Cough/Cold Symptoms** - Children with bad coughs/colds need to stay home, and possibly see their health care provider. When the cough improves and the child is feeling better, he/she may return to school. It can take well over a week for a bad cough to completely go away.
- **Eye Inflammation or Discharge** - If your child's eye is red with a cloudy or yellow/green drainage; eyelids matted or crusted after sleep; eye pain and/or redness, you should keep your child home, and contact your child's healthcare provider.
- **Head Lice** - Child must be treated with a special preparation for killing head lice (available over-the-counter). Children should not come to school until all nits are removed. After the treatment is completed, the child accompanied by the parent or guardian must report to the school nurse, with treatment box, to be re-examined and ensure there is no sign of lice.

Remember to call the school every day that your child is absent. Make sure the school office has your current contact information in case your child becomes ill or is injured at school. Have a plan in place for childcare issues for when your child is ill.

If your child has a communicable disease, please notify the school. In some instances, it will be necessary for your physician to provide the school with a medical release before your child may return to school.