

# School Health Notes

**If your child is absent from school:** Please notify the school by 8 am.

Phone: (419) 483-6066



## **When Should I Keep My Child Home From School?**

Keep your child at home if any one of the following occurs:

- **Vomiting and/or Diarrhea**
- **Temperature** of 100 degrees or higher.
- **Positive throat culture for strep throat-** may return to school 24 hours after antibiotic started with a note from the physician.
- **Any symptoms of acute illness/Flu** such as persistent cough, runny nose with body aches.
- **Undetermined rash** - may return to school when rash clears or with a note from the physician.
- **Infection of the skin-** may return with a note from the physician. The infected area should be covered.
- **Red, watery, burning, itching eyes with drainage-** may return when eyes are clear or with a note from the physician.
- **Lice** –please call for nurse to check before returning to school

**You should keep your child home until symptoms are gone for 24 hours.** For example, their temperature should be less than 100 degrees for at least 24 hours without fever reducing medication, such as Tylenol or Ibuprofen. Your child should look, eat, and behave normally for 24 hours before returning to school.

Why?

- To protect your child from exposure to more infection before he/she is able to build up resistance.
- To protect the other children and school staff from illness that your child may transmit.

**HANDWASHING** is the most effective means of preventing the spread of communicable diseases. Germs are so small that you can not see them and they are found almost everywhere. Promote hand washing in your family. Many students do not wash their hands as recommended, and reinforcement at home is necessary. Teach your children to wash their hands with soap and water for at least 20 seconds after using the toilet, before eating or touching food, and after playing with animals, handling money, coughing, sneezing, or blowing their nose.

**Please cover any sores or open wounds** to prevent infection. See your doctor if your child has any sores with redness, drainage, and/or other signs of possible skin infection.



## **Medication Policy**

If your child has to take medication during schools hours, a medication authorization form must be filled out by your doctor. This includes **ALL** medications, prescriptions and over-the-counter. Please contact the school for further information if a medication is needed to be taken at school.