



November 2015

Dear Parent(s) or Guardian(s),

Is your child too sick for school? It is often difficult to make a decision about whether or not your child is sick enough to stay home from school. Please consider these guidelines to help you make the best choice.

**FEVER** - a temperature over 100 degrees Fahrenheit. May return 24 hours after fever breaks and you have stopped using fever-reducing medications. **NEVER** use any aspirin products!

**VOMITING OR DIARRHEA** - if a child has 2 or more visits to the bathroom from either symptom; rest and keep from getting dehydrated. **DEHYDRATION**: weakness, headache, crying without tears, less urine output. Offer ice chips, clear liquids to sip.

**COUGH** - deep barking cough that keeps child up at night, wheezing or coughing up phlegm. Cough worsens with physical activity.

**SORE THROAT** - if child has swollen glands and tonsils, fever. May use warm salt water gargle, humidifier in room, warm soup or ice chips and popsicles.

**COLD or FLU** - sneezing, thick yellow nasal discharge, severe headache or body aches, fever.

**EARACHE** - pain or discharge from the ear, with or without fever.

**RED EYES** - if eye is red or pink and stuck together with yellow or green discharge, swollen or itchy. Must be treated before return to school.

**RASHES** - areas that may be painful or blistering and oozing, pimple-like bumps red and warm to touch. Hives that may indicate allergic reactions. Ringworm is allowed as long as area is treated and covered.

**HEAD LICE** - itchy scalp, white specks on base of the hairs. May return to school after treatment with medicated shampoo indicated for lice or nits. Do not share hats or coats with other children.

The above suggestions are only guidelines. For any concerns, please call your child's health care provider.

Sincerely,

*Beth Holyfield, RN*