



FROM THE NURSE'S OFFICE

SHOULD YOUR CHILD GO TO SCHOOL OR NOT? Here are some guidelines to help you decide whether your child should stay home from school:

FEVER If your child's temperature is 100 degrees or higher, keep them at home. While at home encourage plenty of fluids. Your child should be fever-free for 24 hours ( **without medicine** ) before returning to school.

MILD COUGH/RUNNY NOSE If there is no fever, and your child can fully participate in class, school is fine.

BAD COUGH/COLD SYMPTOMS Children with bad coughs need to stay home, and possibly see a doctor. It could be a severe cold or something else. But when the cough improves, and the child feels better, then it's back to school. Don't wait for the cough to disappear entirely—that could take a week or longer!

DIARRHEA OR VOMITING Keep your child home until the illness is over, and for 24 hours after the last episode ( **without medicine** )

SORE THROAT a minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms include, headache and upset stomach. Contact your doctor. Only they can determine if it is strep and treat it. Your child can return to school 24 hours after antibiotic treatment begins.

EARACHE The child needs to see a doctor.

PINK EYE ( CONJUNCTIVITIS ) Keep your child at home until the doctor has given the OK to return to school. Pink eye is highly contagious and in most cases are caused by a virus, which will not respond to an antibiotic. Bacterial conjunctivitis will require an antibiotic. Your doctor can determine this.

RASH Children with a skin rash should see a doctor, as this could be one of several infectious diseases. Only your doctor can determine this.