

Notes from the Nurse: Is Your Child Well Enough To Go To School?

It is not always easy to decide if your child is sick enough to stay home or well enough to be in school. Children who come to school are expected, with few exceptions, to participate fully in school activities.

Here are some guidelines that might help in a parent's decision-making:

1. **Fever:** A fever of 100 or more signals an illness that is probably going to make a student uncomfortable and unable to function well in class. Your child should stay home until he/she is feeling better.
2. **Vomiting, Diarrhea or Severe Nausea:** These are symptoms that require a student to remain at home until a normal diet is tolerated the night before and the morning of school.
3. **Infectious Diseases:** Diseases such as impetigo, pink eye with thick drainage, and strep throat require a doctor's examination and prescription for medication. Contacting the doctor and using the medicine as directed for the full recommended length of time are necessary. Once medication has been started and the child is feeling well, he/she may return to school. (The child must be on the medication at least 24 hours prior to returning to school).

Students with chicken pox may return to school when all the scabs are completely dried and no new lesions are developing (usually 5-7 days).

4. **Rashes:** Rashes or patches of broken, itchy skin need to be examined by a doctor if they appear to be spreading or not improving.
5. **Injuries:** If a student has an injury that causes continuous discomfort, the student should not attend school until the condition is checked by a doctor or it improves. Injuries that interfere with class participation need a medical evaluation. If participation in physical education classes is not recommended, a doctor's excuse is required.

If you have any questions regarding your child's health condition, please contact the school nurse at 337-1087 ext. 8031 or your healthcare provider.