



CITY SCHOOL DISTRICT OF NEW ROCHELLE  
515 NORTH AVENUE  
NEW ROCHELLE, NEW YORK 10801-3416

## HEALTH SERVICES DEPARTMENT

TEL: (914)576-4264

FAX: (914)632-3371

### HEALTH ADVISORY

DATE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_

School Nurse: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Dear Parent:

There is a confirmed case of the condition checked below. Your child may have been exposed to it on \_\_\_\_\_. Please observe your child for any onset of symptoms during the incubation period. You may wish to contact your Pediatrician if your child develops any symptoms.

- \_\_\_\_\_ **Chickenpox:** [Varicella] All or almost all students in the class have been immunized. Rarely, there may be a case of "Breakthrough Chickenpox." In immunized children itchy bumps or blisters on body, usually trunk and face, less than 50 lesions. Do not send the child to school until each sore has crusted, usually about 7-10 days.
- \_\_\_\_\_ **Conjunctivitis:** Also called "Pinkeye." Onset is 2-5 days after exposure. You will observe red, irritated Itchy, tearing eyes with yellowish discharge that makes eyes sticky, especially upon awakening. Conjunctivitis is very contagious. The child may return to school 24 hours after treatment with antibiotic eye drops has begun.
- \_\_\_\_\_ **Fifth's Disease:** Onset 1-2 weeks after exposure. Slight fever and tiredness. About the 3<sup>rd</sup> week, a red rash appears on face (cheeks), and a red lacy looking rash on rest of the body. Consult physician if a family member is pregnant or has Sickle Cell Disease or another red blood cell disorder.
- \_\_\_\_\_ **Head Lice:** The main symptom of head lice is a very itchy head. Consult your MD or pharmacy for treatment. Upon receipt of this notice, we advise you to check your child's hair and scalp at the neckline and around ears for nits (tiny, pearly white, egg shaped objects) that stick to hair shaft. Head lice are very contagious within a family; check family members also and disinfect clothing and bedding. **It is strongly recommended to check your children frequently over the next two weeks.**
- \_\_\_\_\_ **Influenza: The flu is a contagious respiratory illness caused by Influenza virus. It can cause severe illness.** The best way to prevent the Flu is by getting a Flu vaccine each year in the fall. Symptoms of flu: fever or feeling feverish/chills, cough, muscle or body aches, headaches, fatigue (very tired) sore throat, runny or stuffy nose. Certain people are at greater risk for serious complications if they get the Flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease). **The child may return to school 24 hours after being fever free without the use of medication to reduce fever.**
- \_\_\_\_\_ **Impetigo:** Onset varies. Look for Golden colored crusty sores or pimple-like spots that blister and break to form crusty areas. Infection spreads rapidly if untreated. The child can return to school 24 hours after treatment started.
- \_\_\_\_\_ **Mononucleosis:** Onset 4-6 weeks after exposure. Fever, sore throat, swollen glands, tiredness. The virus is spread by person-to-person contact via saliva on hands, toys, sharing drinking glasses, or by kissing. Consult your physician who will determine when the child may return to school and Physical Education.
- \_\_\_\_\_ **Ringworm:** Onset varies. Look for a round, reddish area with a raised scaly looking border that is often itchy. Consult physician for treatment. The child may return to school after 24 hours of beginning a course of treatment. Cover affected areas.
- \_\_\_\_\_ **Strep Throat/Scarlet Fever:** Onset is 2-5 days after exposure. Symptoms: sore throat, fever, swollen glands, painful swallowing. If a red, "sandy" rash is present, this is Scarlet Fever. See physician for treatment. The child can return to school if there is no fever and the course of antibiotic has been given for 24 hours.