

## Health Office

**Dear Parent/Guardian:**

*With cold and flu season upon us, I would like to review the school's policies regarding exclusion from school due to illness. Below is a list of most commonly seen illnesses and the exclusion time from school. These exclusions are an effort to control the spread of communicable disease in the classroom. I understand balancing work responsibilities with the care of an ill child can be difficult. Many children return to school sick because they are anxious to return or fear missing a special event. It is important to remember that sending children back to school, before they are recovered from an illness for whatever reason, causes the spread of illnesses amongst the entire school population.*

### **24 HOUR RULE**

**THE BEST WAY TO PREVENT THE SPREAD OF COMMUNICABLE DISEASES IN OUR SCHOOL IS TO FOLLOW THE 24 HOUR RULE.**

Children should stay home from school until they have been:

- without a fever for a full 24 hours
  - have been on any medication prescribed by their doctor for a full 24 hours
  - until they have been able to return to normal activity for a full 24 hours
- FEVER**

Any student with a temperature of *100 degrees* or more is excluded from school and shall not return until remaining *fever-free for 24 hours*. Body temperature fluctuates throughout the day and night. Children often wake up without a fever because their body has been resting all night. Once children resume regular activity, the fever often returns. Please check your child's temperature several times throughout the day. **Please do not send your child back to school until they have gone a full 24 hours without having a fever over 100 degrees.**

### **COUGH**

Children who are coughing continuously should remain home if the cough is such that it interferes with their ability or the ability of others to concentrate on school work.

### **VOMITING**

Any student who vomits will be excluded from school and should remain home until he/she is able to tolerate normal meals.

### **STREP THROAT** (*streptococcal infections*)

Students need to be on *antibiotic therapy* and *fever-free for 24 hours* before returning to school.

### **PINK EYE** (*Bacterial conjunctivitis*)

Students need to be on *antibiotic therapy for 24 hours* and have no purulent discharge from the eye. *If you have any questions, please do not hesitate to call the Health Office in your school. Please make sure I*

*have accurate numbers where you can be reached during the school day in the event of an illness or emergency. I would appreciate having work numbers which allow me access to a person I can speak with directly. In the case of a seriously ill or injured child, the uncertainty and timeliness of voice mail is not helpful. If your workplace is located more than 45 minutes away, perhaps you could provide the number of someone who would be able to accept responsibility for your child until you are able to get home from work.*

Sincerely,  
School Nurse