



MEMO FROM THE SCHOOL NURSE

There have been many cases of different kinds of illnesses diagnosed in our schools and we have had a large amount of students out sick. Many children come to the health room soon after they arrive at school with a variety of complaints of not feeling well, possibly due to sore throat, rashes, earache, headache, stomachache, nausea, and vomiting. Sometimes all they need is to stay home for some rest, fluids and perhaps medication to help with some of these symptoms. We recommend that children with symptoms such as: **fever over 100 degrees F, diarrhea, vomiting, sore throat, rashes, red draining eyes, thick green nasal drainage, etc., need to stay home for 24 hours after these symptoms are resolved or a note from the family physician is sent to schools stating that the child can attend school.**

Children who are suspected of having a communicable disease will be sent home for diagnosis and treatment. After a child is diagnosed with an “infection”, **it is very important to keep him/her out of school for at least 24-48 hours after starting antibiotics.** The best measure to prevent the spread of communicable diseases is good hand washing and proper disposal of facial tissues containing respiratory secretions.

Having sick children come to school only to be sent home shortly after arrival make the child uncomfortable, inconveniences the parent, and exposes other children who then become sick also. For now, stay healthy. Take some time to observe your child to make sure they are free from these viruses and bacterial germs that are going around. When children feel well and are healthy, they enjoy school more and learn better. Thank you for your attention to this matter.

If you have any questions or concerns, please call the Nurse or Health Aide at your child's school.

Thank you,
Mary Carr, R.N.
District School Nurse