



TIPS FOR PARENTS FROM THE SCHOOL HEALTH OFFICE

Many parents ask, “When is my child sick enough to stay home from school?”

This is not always an easy question to answer! We hope that these tips can help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Please call the Health Office, and do not send your child to school if he/she has:

- Fever in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Chills
- Strep Throat
(**Must have been taking an antibiotic for at least 24 hours prior to returning to school**)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night
- Head Lice-Until your child has been treated according to the nurse or doctor’s instructions.
- Any Highly Contagious Condition-Conjunctivitis “Pinky Eye”, Ring worm, etc.
(**These types of conditions require treatment for 24 hours prior to returning to school.**)

If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school, or it is contagious to other children, you will be called to come and take him/her from school. It is essential that we have a phone number where you can be contacted during the day and an emergency number in the event that you cannot be reached. If you have daytime or emergency phone number changes during the year, please notify school immediately.

Carin D’Ambro R.N.

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