

FROM THE NURSES OFFICE

Welcome back to school!

In the nursing office, we consider it our mission to keep students in school. However, there are some instances when a child should be kept home. These same criteria are used to determine if your student should be sent home.

Here are some tips on when to keep your student home from school. The information in this pamphlet is not intended as medical advice, but to provide guidelines until your doctor can be contacted.

FEVER

A fever is a warning that all is not right with the body. If a temperature is over 100 degrees Fahrenheit orally, keep your student home. This is also the temperature criteria we will use to send your student home from school. PLEASE KEEP YOUR STUDENT HOME UNTIL FEVER-FREE FOR 24 HOURS.

STOMACHACHE

Stomachache is by far the most common childhood complaint. Most of the time the condition is minor and needs no special treatment. Please be sure your student is eating breakfast before they leave for school in the morning. If a stomachache is persistent, or severe enough to limit activity, consult your doctor.

VOMITING

When vomiting occurs, please keep your student home until he/she can keep food down. If vomiting occurs at school, we will send student home.

DIARRHEA

A student with diarrhea should be kept home, and will be sent home if diarrhea occurs at school. If diarrhea persists over 24 hours, please call your doctor.

COLD, SORE THROAT, COUGH

A common cold is one of the most frequent problems seen in children. If a student has a "heavy" cold and a hacking cough, then he/she belongs at home. If a student has a sore throat and no other symptoms, they may go to school. If white spots can be seen in the throat and/or a fever is present, keep your student home and call your doctor.

RASH/ITCHING

A rash may be the first sign of illness. Do not send a student with a rash to school, until your doctor has evaluated the rash, and states it is safe to return to school. We need a doctor's note with a diagnosis, so we know the rash is not contagious. We send all students home with a rash.

PAIN

Toothache – contact your dentist

Earache – consult your doctor

Headache – a student whose only complaint is headache usually does not need to be kept at home

HEAD INJURY

We assess any student with head injury for signs of more serious trouble. If there is any bruising, a mark on the student or change in neurological signs, we will call a parent. If there is any vomiting, change in consciousness such as sleepiness or confusion, the student must be seen by a physician as soon as possible.

MUSCULAR-SKELETAL INJURY

We apply ice to all injuries. If there is pain or swelling, we will call a parent.

The nurses in CCSD 93 are dedicated to giving your child the best care we can. Our goal is to work together with you to protect your student's health, and the health of the other students, and staff, in our schools.

Just a reminder:

SICK students belong at HOME!

WELL students belong in SCHOOL!

**Please do not hesitate to contact the nurse in your
school with
any questions or concerns you may have.**