

Common Sense Health Guidelines

Reasons to Keep Your Child Home from School:

- Fever (over 100 degrees). If your child has a fever, this is a warning that something is wrong. This may also indicate that your child is contagious. Having them in school exposes them to other students. Your child should stay home until their temperature returns to normal
- Vomiting or diarrhea during the night. Your child should be kept home until 24 hours has passed since the last episode.
- Sore throat, especially when accompanied by a fever
- Strep throat
- Frequent cough
- Rashes
- Open sores with yellow, crusty scabs (impetigo)
- **Your child should be fever free for 24 hours before returning to school**

Guidelines have changed for pinkeye. Students need to be under treatment but do not need to be excluded from school.

If your child has a contagious condition I would appreciate you sharing that information with me so that I can take appropriate action.

Medications At School

- Medicine must be in its original container or labeled prescription bottle. Do not send medicine in a plastic bag.

- We must have the parent and physician signed medication permission form (available on the school's website).
- We ask that you bring it to school for your child. I need to know why your child is taking the medicine. Please do not send it in your child's tote bag.

*****The importance of Recess*****

Recess is an important activity during your child's school day. It is a time to learn important social skills, burn off excess energy and freshen their minds for the next school activity. It is also a time for your child's teacher to prepare for the next school activity. If your child is experiencing cold symptoms, being out in the cold for the brief recess time will not harm them provided they are dressed warmly.

*******Students that have been ill need to have a doctor's order if they are not supposed to go out for recess.*******