

## **HEALTH GUIDELINES**

**Upon making the decision to keep your child home, please notify the school that the student will be absent.**

**COLDS** - The student should remain at home if he/ she: has an excessive cough; has an excessive runny nose or green nasal discharge; has a temperature of 100 degrees or more; or is too uncomfortable to function in school.

**CHICKEN POX** - Inform the school. The student must stay at home until all vesicles are dried and crusted over.

**DIARRHEA** - A student experiencing diarrhea should remain at home.

**EAR INFECTIONS** - The student should be evaluated by a physician if he/she complains of ear pain or has discharge from the ear canal. Early treatment can prevent possible hearing complications.

**EYE INFECTIONS** - Pink eye (conjunctivitis) needs to be evaluated by an eye doctor or physician. Due to the contagious nature of pink eye, the student should remain at home for 24 hours after beginning treatment.

**FEVER** - The student must remain at home if he/she has a temperature of 100 degrees or above. The child may return to school after being fever free for 24 hours **without fever reducing medication**.

**FIFTH DISEASE** - Fifth Disease is a contagious viral rash characterized by bright red cheeks which appear to have been slapped. As with all rashes, a doctor's note is needed to return to school. Notify the nurse and anyone who might be pregnant who had contact with the student before the rash appeared.

**FRACTURES AND SURGERIES** - Written information from the physician is essential, including clearance to return to physical education.

**HAND, FOOT, and MOUTH DISEASE**- Students may return to school unless they have a temperature of 100 degrees or higher and should feel well enough to participate in school activities. Sores may still be present but should be dried and crusted.

**HEAD LICE** – If LIVE lice are found at school, the student will be sent home with instructions for the parent to treat. Prior to returning to class, the nurse will check the child. The nurse will not perform routine head checks in the classroom. Please feel free to call the school nurse for advice or assistance in checking for nits.

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**IMPETIGO** - This is a contagious skin infection which usually begins around the nose and mouth. It is characterized by sores covered with a yellow or brown crust. The student must remain home and may return 24 hours after treatment has begun.

**RASHES** - The student is to remain at home with any undiagnosed skin rash. A doctor's note stating that the student is not contagious should be presented upon return to school when requested by the school nurse.

**PE NOTES-** Parent notes requesting their child be permitted to skip PE for 1-2 days due to illness or injury are permitted. Longer restrictions need to be substantiated by a doctor.

**SCHOOL INJURIES** - The nurse will assess the injury and administer first aid. No notification is necessary for students with minor injuries or no symptoms. Other injuries will be treated and depending on the nature and status of the student; parents will be notified by a phone call or letter, at the nurses' discretion.

**STREP THROAT** - The student may return 24 hours after antibiotics are started if he/she is fever free and able to participate in class.

**VOMITING** - The student should remain at home if he/she has vomited within the past 24 hours, if the vomiting is determined by the school nurse to be related to illness.

**VISION AND HEARING-** Vision screenings are done on all Pre-K, K, 2nd and 8 graders. Hearing screenings are performed on all Pre-K, K, 1, 2, and 3 graders in accordance with Illinois School Code. All special education students will be screened annually. Teacher referrals and transfer students will also be screened.

## **ADMINISTRATION OF MEDICATION**

**No medicine, prescribed or over-the-counter will be given to a student without a signed doctor's order and a signed consent from parents.** Children are not allowed to take medicine themselves or keep medicine in their possession. This includes all over the counter medications.