

Dear Parents,

Children need to come to school healthy and ready to learn. Below are a few guidelines we ask you to follow concerning your child's health.

Fever: If a child's temperature is 100 degrees or greater, he/she should remain home until he/she has been without fever for a full 24 hours. Remember that fever is a symptom indicating the presence of an illness.

Flu: Symptoms include abrupt onset of fever, chills, headache, and sore muscles. Runny nose, sore throat, and cough are common. Your child should remain home from school until symptoms are gone and the child is without fever for a full 24 hours.

Head Lice: Lice are small grayish-tan, wingless insects that lay eggs called nits. Nits firmly attach to the hair shaft, close to the scalp. Nits are much easier to see and detect than lice are. They are small white specks, which are usually found at the nape of the neck and behind the ears. Following lice infestation, your child may return to school 24 hours after receiving treatment with a lice shampoo and **all nits have been removed**.

Pinkeye: Pinkeye is characterized by redness and swelling of the membranes of the eye with burning or itching, discharge coming from one or both eyes, or hardened discharge on the eyelids. Your child should remain home from school until receiving full 24 hours of antibiotic therapy and without fever and/or vomiting for 24 hours.

Strep Throat: This normally begins with a fever, sore and red throat, pus spots of back of throat, and tender swollen glands of the neck. High fever, nausea and vomiting may occur. Your child should remain home from school until receiving 24 hours of antibiotic therapy and without fever or vomiting for 24 hours.

Vomiting and Diarrhea: This is characterized by a stomach ache, cramping, nausea, vomiting, and/or diarrhea, possible fever, headache, and body aches. Your child should remain at home until the symptoms have stopped for a full 24 hours. If your child has had any of these symptoms during the night, he/she should not be sent to school the following day.

These guidelines are in place to prevent spread of illness and infections. If you have any questions, please contact the school nurse.