

## A MEMO FROM THE SCHOOL NURSE:

Sometimes it can be difficult for a parent to decide whether or not to send children to school when they don't feel well. Illness is seldom convenient and striking a balance between good attendance and illness can be challenging. However, there are some situations when it is best to keep your child at home and/or to arrange for an appointment with your health care provider. The following are a few such situations that warrant a sick day and possibly require a doctor visit:

- **TEMPERATURE** - Your child should remain home if he/she has a fever-- that is a temperature of 100 degrees Fahrenheit or more. Doctors recommend that your child be fever-free, without medication for 24 hours before returning to school.
- **UNCONTROLLED DIARRHEA** - Following an episode, students should be free of diarrhea symptoms for 24 hours before returning to school.
- **NASAL DISCHARGE** - Large amount of continuous discolored nasal discharge, especially if accompanied by facial pain or headache.
- **VOMITING** - Your child must not have vomited for 24 hours prior to returning to school.
- **FATIGUE**- If child is too sleepy or ill from illness to profit from sitting in class all day.
- **SIGNIFICANT COUGH**- A cough that is persistent and uncomfortable or disrupts the class.
- **SORE THROAT**- Severe, accompanied by fever and/or feeling ill, that persists longer than 48 hours, OR after known exposure to a confirmed case of streptococcal throat infection.
- **RASH**-Honey-crusted sores around the nose or mouth or rash on other body parts that might be impetigo; or a rash in various stages including boils, sores and bumps that may be chicken pox; OR a significant rash accompanied by other symptoms or illness such as fever.
- **RED, RUNNY EYES** that distract the child from learning.
- **SEVERE EAR PAIN** and/or drainage from the ear.
- **HEADACHE** if it is severe or accompanied by fever.
- **CONTAGIOUS DISEASES** - Your child must remain home when he/she shows symptoms of a contagious disease such as strep throat, conjunctivitis (pink eye), impetigo, ringworm to name a few. Any condition that you think may be serious or contagious to others.
- **LICE, SCABIES** - Children may not return to school until they have been treated and are free of nits (lice eggs attached to the hair shaft). A visual inspection of the hair by school personnel is required prior to re-admittance. Inspection will be done privately and with respect.

If your child exhibits any of these symptoms while at school, you will be notified and your child will be sent home to recover. Additionally, please remind children to discard used tissues promptly, not to share personal items, to cover their mouths when they cough or sneeze, to keep their hands away from their face, and to wash hands thoroughly and frequently with soap and warm water. Please feel free to call the school nurse at 416-1956 if you have any questions. Lastly, whenever you keep your child home, please notify the school that your child will be absent.

Patricia C. Black, RN  
School Nurse-Syracuse City School District