



SYRACUSE CITY SCHOOL DISTRICT

Anthony Q. Davis, Superintendent of Schools

Date:

Dear Parents/Guardians:

Due to the increase in numbers of sick students being sent home from school we feel that it is a good time to review our procedures in regard to children who are sick at school.

If your child gets sick, it is often most appropriate to keep him/her home from school. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff.

Our school policy states that you should not send your child to school if he/she has:

1. Fever in the past 24 hours
2. Vomiting in the past 24 hours
3. Diarrhea in past 24 hours
4. Chills
5. Sore Throat
6. Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
7. Bad Cold, with a very runny nose or bad cough, especially if it has kept the child awake at night.

If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that your child's teacher and school nurse have a phone number where you can be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number change during the year, please notify your child's teacher and school nurse immediately.

These guidelines are meant to serve the best interest of all children in our district. If you have any questions or concerns, please do not hesitate to call us.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ted J. Triana, D.O.', written in a cursive style.

Dr. Ted J. Triana, D.O.,
SCSD Medical Director



IS IT A **Cold** OR AN **Allergy?**

SYMPTOMS	COLD	AIRBORNE ALLERGY
COUGH	Common	Sometimes
GENERAL ACHES, PAINS	Slight	Never
FATIGUE, WEAKNESS	Sometimes	Sometimes
ITCHY EYES	Rare or never	Common
SNEEZING	Usual	Usual
SORE THROAT	Common	Sometimes
RUNNY NOSE	Common	Common
STUFFY NOSE	Common	Common
FEVER	Rare	Never
DURATION	3 to 14 days	Weeks (for example, 6 weeks for ragweed or grass pollen seasons)
TREATMENT	<ul style="list-style-type: none"> ▪ Antihistamines ▪ Decongestants ▪ Nonsteroidal anti-inflammatory medicines 	<ul style="list-style-type: none"> ▪ Antihistamines ▪ Nasal steroids ▪ Decongestants
PREVENTION	<ul style="list-style-type: none"> ▪ Wash your hands often with soap and water ▪ Avoid close contact with anyone who has a cold 	<ul style="list-style-type: none"> ▪ Avoid things that you are allergic to such as pollen, house dust mites, mold, pet dander, and cockroaches
COMPLICATIONS	<ul style="list-style-type: none"> ▪ Sinus infection ▪ Middle ear infection ▪ Asthma 	<ul style="list-style-type: none"> ▪ Sinus infection ▪ Middle ear infection ▪ Asthma





IS IT A **Cold** OR THE **Flu**?

SYMPTOMS	COLD	FLU
FEVER	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
HEADACHE	Rare	Common
GENERAL ACHEs, PAINS	Slight	Usual; often severe
FATIGUE, WEAKNESS	Sometimes	Usual; can last up to 2 to 3 weeks
EXTREME EXHAUSTION	Never	Usual; at the beginning of the illness
STUFFY NOSE	Common	Sometimes
SNEEZING	Usual	Sometimes
SORE THROAT	Common	Sometimes
CHEST DISCOMFORT, COUGH	Mild to moderate; hacking cough	Common; can become severe
TREATMENT	<ul style="list-style-type: none"> ▪ Antihistamines ▪ Decongestants ▪ Nonsteroidal anti-inflammatory medicines 	<ul style="list-style-type: none"> ▪ Antiviral medicines—see your healthcare provider
PREVENTION	<ul style="list-style-type: none"> ▪ Wash your hands often with soap and water ▪ Avoid close contact with anyone who has a cold 	<ul style="list-style-type: none"> ▪ Annual vaccination ▪ Antiviral medicines—see your healthcare provider
COMPLICATIONS	<ul style="list-style-type: none"> ▪ Sinus infection ▪ Middle ear infection ▪ Asthma 	<ul style="list-style-type: none"> ▪ Bronchitis, pneumonia ▪ Can worsen chronic conditions ▪ Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.



National Institute of
Allergy and
Infectious Diseases