

HEALTH GUIDELINES

To Parents and Guardians,

In order to provide as healthy a school environment as possible for all children and staff, the following guidelines have been prepared to assist you in decisions relating to your child's health and school attendance. If your child is not feeling well and you are uncertain about sending him/her on any given school day, it is best to keep him home and observe him for further symptoms. If a child is too ill to attend school in the morning it is recommended that he/she stay home all day.

When you make the decision to keep your child home, please notify the school nurse or school office that your child will be absent and the nature of the illness. The telephone numbers are listed below.

COLDS	Student needs to remain at home if he/she has an excessive runny nose, excessive coughing, an elevated temperature or is too uncomfortable to function in school.
INFLUENZA FLU (Respiratory)	Students need to remain at home if he/she has a fever, headache, body aches, cough, sore throat, nausea, vomiting, or diarrhea. Flu viruses spread in respiratory droplets caused by coughing or sneezing. Touching the virus-infected area and then touching ones eyes, nose or mouth can infect a person. Good hygiene is extremely important. The student must be free of an elevated fever (100 degrees or greater) for <u>24 hours</u> without the use of fever-reducing medications prior to returning to school.
DIARRHEA	If a student has diarrhea 2 times in a day, he/she needs to remain at home until diarrhea subsides and <u>no other signs of illness exist</u>.
STOMACH VIRUS/FLU	Students need to remain at home if he/she has nausea, vomiting, diarrhea and stomach cramping. All body fluids are considered possibly contagious. Always use good hand washing and hygienic bathroom habits. He/she may return to school when eating, drinking and bathroom habits return to normal.
EYE INFECTIONS	Inflammation or watery eyes requires assessment to rule out conjunctivitis (pink eye) or possible eye injury. Eyes need to be clear before returning to school.
FRACTURES AND SURGERIES	Parents need to contact the nurse when a child has a serious illness or injury. Modifications to physical activity and mode of travel throughout the building need to be evaluated. Please provide written information from your physician as to your child's level of activity in physical education and recess.
SCHOOL INJURIES	The nurse will assess the injury, administer first aid and notify parents by phone and/or note as to the type and status of injury.
HEAD LICE	Students need to stay home from school and be treated with shampoo or rinse as recommended by your doctor or pharmacy. Children may return to school when the hair is <u>nit-free</u>. Notify the school if your child has head lice.
RASHES	The student is to remain at home with any undiagnosed skin rash or present a doctor's note stating the rash is non-contagious.
STREP THROAT	Must be reported to school. Students need to be treated with antibiotics for <u>24 hours</u> before returning to school if there is a positive throat culture. Rapid throat cultures are not conclusive, wait for the results of a 24-hour throat culture before sending your child back to school.
FEVER	Student needs to be free of an elevated fever (100 degrees or greater) for <u>at least 24 hours</u> without the use of fever-reducing medications before returning to school.

	SCHOOL OFFICE	NURSES' OFFICE
Crow Island	847-446-0353	847-446-1048
Greeley	847-446-6060	847-446-2638
Hubbard Woods	847-446-0920	847-446-1062
Skokie School	847-441-1750	847-441-2194
Washburne	847-446-5892	847-446-6260

