








ILLNESS AND SCHOOL MEMO

I NEED TO STAY HOME IF						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Oral temperature of 100°F or higher.	Within the past 24 hours.	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching and/or “crusty” drainage from eye.	Hospital stay and/or ER visit.

I AM READY TO GO BACK TO SCHOOL WHEN I AM...						
Fever free for 24 hours without the use of fever reducing medication (i.e. Tylenol, Motrin).	Free from vomiting for at least 2 solid meals.	Free from diarrhea for at least 24 hours.	*Free from rash, itching, or fever. Evaluated by my doctor and have note to return to school.*	Treated with appropriate lice treatment at home and proof is provided to nurse.	*Evaluated by my doctor and have note to return to school.*	*Released by my medical provider to return to school.*

***To return to school, a doctor’s note must be provided to the school nurse stating the date of return.**

STEPS TO REDUCE ILLNESS						
Drink plenty of water , eat a healthy variety of foods , and get at least 8 hours of sleep every night.	Get a flu shot.	Wash hands frequently using soap and water for at least 20 seconds.	Cover coughs and sneezes with tissues or by coughing into the elbow.	Keep children at home if they are sick. Separate sick family members from others.	Ensure parent emergency contact information is correct.	Call your doctor for: <i>high fever, prolonged illness, respiratory problems, or other severe symptoms.</i>