



DINGMAN DELAWARE PRIMARY SCHOOL HEALTH AWARENESS BULLETIN

A MESSAGE TO PARENTS-WHEN TO KEEP YOUR CHILD HOME

When should I keep my child home from school? This is a very popular question. Unfortunately, it is not always so easy to answer. All children are different and so are their illnesses. Generally speaking, if there is no fever accompanying a cold with a mild cough/runny nose, then it's usually OK to send your child to school.

However, here are some additional guidelines to help you decide whether your child should stay home or go to school:

1. **FEVER:** Keep your child home if his/her temperature is 100F or greater. Have them rest and drink plenty of fluids. Over the counter medications can be used as directed for reducing a fever. Do not give a child Aspirin. **Your child must be fever free for at least 24 hours (without medicine) before going back to school. Children sent home from the nurse's office for a fever must stay home the following school day and until fever free for at least 24 hours without medicine in their system.**
2. **DIARRHEA/VOMITING:** Keep your child home until the illness resolves. **Your child can only return to school if it has been at least 24 hours since the last episode of diarrhea and/or vomiting.**
3. **BAD COUGH/COLD SYMPTOMS:** A child with a bad cough may have a severe cold or something more serious such as bronchitis, influenza or pneumonia. A child with a bad cough needs to stay home, rest and see his/her doctor. Children can usually return to school when they are feeling better and the cough has improved. Some coughs may take a few weeks to completely go away. Follow the doctor's recommendations for returning to school. Also, sometimes colds can turn into sinus infections. Be aware of any sinus congestion that persists for more than 7-10 days causing thick, yellow or green drainage.
4. **SORE THROAT:** A simple sore throat typically improves in three days and is usually not a problem. A child with a fever and sore throat should stay home. A severe sore throat can be strep throat, even without a fever. Children with strep throat can also complain of a stomachache and/or headache. Keep your child home if they have symptoms of strep throat and contact the doctor. A child diagnosed with strep throat can return to school when they are cleared to return by the doctor. A child is less contagious once treated with an antibiotic for at least 24 hours.
5. **PINK EYE:** Pink eye is highly contagious and is most often caused by a virus or bacteria. Keep the child home until the doctor has given the ok to return to school. It often spreads from one eye to the other. Warm or cool compresses to the eye can help soothe eye discomfort. Take care to wash their bed linens, towels and washcloths to prevent further spreading. Encourage the child to not touch his/her eyes and keep his/her hands clean.
6. **EARACHE:** A child with persistent ear pain should be seen by a medical professional.
See reverse.

7. RASH: A rash can be the result of one of many conditions. A child should stay home during the fever period of an illness/rash. A child with a rash should seek medical attention. Impetigo is a bacterial skin infection that is highly contagious and requires treatment. Fifth Disease is a virus causing a fever with a rash predominantly on the child's face. Fifth Disease is no longer contagious by the time the rash is present. Coxsackie virus, also known as Hand, Foot and Mouth Disease, is another viral condition that is commonly spread among young children. The rash associated with this virus develops on the hands, feet and in the mouth.
8. CUTS/ABRASIONS/SORES: If possible, keep open cuts/sores covered at all times during school.
9. HEAD LICE: Keep your child home and treat them with the appropriate medicated shampoo. Your child must be examined and cleared by the school nurse before riding the bus and returning to school.

Once again, these are just some general guidelines to follow to help prevent the spread of germs at school. When in doubt, you should always call your child's physician for their expert advice.

If your child is absent:

- Please provide a parent note or doctor's note upon his/her return. You have **ten** days from the point of return to submit a note. Either email Donna Frable at dfrable@dvdsd.org or send in a note with your child.
- Parents can excuse an absence without a doctor's note for the first ten days that the child is absent provided the child is sick. Absences due to death in the family will also be excused with a note from a parent.
- Once a student is absent for 10 days, any further absences will require a doctor's note in order to be excused. A doctor's office may fax directly to the DDPS Main Office to (570)296-3173.
- To request an excused absence due to an educational trip, please submit the required form which is available in the office. Educational trips must be submitted two weeks prior to the trip and may not be in excess of 5 days. Total absences including excused, unexcused and educational trips may not total more than 10.

As always, if you have any medical questions or health updates please feel free to call me.

Sincerely,

Alana Reich

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