

# NOTES FROM THE HEALTH ROOM



Sometimes there is confusion when deciding if a child is ill and needs to stay home from school. We encourage good attendance for all our students but there are times when your child should stay home for both their own health and for the protection of other students and staff. Here are guidelines to follow about when to keep your child home:

- ❖ **Fever of 100 degrees or greater: Children should be without a fever for 24 hours before returning to school. This should be without the use of fever medications such as acetaminophen and ibuprofen.**
- ❖ **Vomiting or diarrhea: A child should be without these symptoms for 24 hours before returning to school**
- ❖ **Excessive coughing or other respiratory symptoms that the child cannot manage at school**
- ❖ **Extreme fatigue**

Eating well, getting enough sleep and exercise are important year round in contributing to good health. Talk with your children about hand washing. Every time your child touches his/her eyes, nose or mouth, germs that are on the hands enter the body and can cause infection.

The nurses see many students with injuries each day. Fortunately, most are minor. One way you can help prevent injuries to your child at school is to be sure your child is wearing the proper footwear. Open toed sandals and flip-flops offer no protection to children running and playing on the playground. Closed toe, rubber soled shoes are best for our students and are required on days when your child has Physical Education class.

The nurses keep health records as required by the PA Department of Health. Please be sure to return all forms sent home in a timely manner. Right now we are collecting the yellow health information forms, asthma, allergy and medication forms.

Nurses this year are Trish Murphy, Sue Trunk, and Tasha Hargrove. Please feel free to call us with any questions at 735-1532.

9/8/15