

## Sick Child / Influenza Information

In order to keep your child and other children in the building as healthy and ready to learn as possible, we ask that you **PLEASE KEEP YOUR CHILD HOME IF THEY ARE ILL!**

The following symptoms /conditions may indicate the start of a communicable disease. In order to prevent spreading the germs of a contagious disease, please follow these simple guidelines:

**PLEASE KEEP YOUR CHILD HOME from school if he/she has any of the following symptoms:**

- Temperature of 100 degrees or higher in the last 24 hours. Please do not send children back to school until they have been **fever free for 24 hours without fever reducing medications such as Tylenol or Motrin.**
- Vomiting or Diarrhea in the last 24 hours.
- Severe cough.
- Undetermined rash.
- Conjunctivitis/pink eye- redness or itching of eyes and usually yellow/green crust on lids, especially in the morning. May return 24 hours after treatment with antibiotics. **Must have a Doctor's excuse.**
- Impetigo-24 hours after treatment has begun; draining sores must be covered. **Must have a Doctor's excuse.**
- Strep throat- may return 24 hours after treatment with prescription medicine and **NO FEVER. Must have a Doctor's excuse.**
- Ringworm- may return 24 hours after treatment by a doctor and must be covered with bandage. Excluded from all contact sports until sores are gone. **Must have a Doctor's excuse.**
- Scabies- after treatment with prescription medicine. **Must have a Doctor's excuse**

**Influenza/FLU- influenza is an airborne transmitted viral disease characterized by:**

- Fever of 101-104 degrees for several days
- Muscle aches and weakness; may last 2-3 weeks
- Extreme fatigue
- Headache
- Respiratory symptoms similar to the common cold (cough, congestion, sneeze)
- Nausea, vomiting, and diarrhea
- Incubation is short, usually 1-3 days from contact. Your child may be communicable for 7 days, adults for 3-5 days.

Whenever your child sees the doctor, please provide the school with a doctor's excuse for the absences. Feel free to call the clinic if you have questions or concerns about your child's health.