

GO TO SCHOOL OR STAY HOME?

PLEASE REPORT ANY CONTAGIOUS ILLNESS OR CONDITION TO THE SCHOOL NURSE. YOUR NAME WILL ALWAYS REMAIN CONFIDENTIAL.

FEVER: 100 degrees or over. Must be fever free for 24 hours without the help of an over the counter fever reducer like Tylenol (acetaminophen) or Motrin (ibuprofen), even if fever free the next morning. Fevers can return or become higher by the afternoon or evening. Children also need a day to recover by resting and increasing their food and fluid intake. Seek out reliable babysitters who will care for your child when ill if you have to go to work.

Cough/cold: Keep home with a constant, audibly noisy, or productive cough, unless a child with asthma can control the cough with asthma medications.

Vomiting and Diarrhea: Student must be free of vomiting and diarrhea for 24 hours before returning to school. If they vomit or have diarrhea during the night, they should not return to school that morning. The symptoms often return.

Conjunctivitis: Red, itchy eye with thick yellow/green drainage or crustiness. Student may return 24 hours after antibiotic eye ointment begun. If no treatment ordered by doctor, must stay home until symptoms gone.

Strep throat: May return 24 hours after antibiotics started, and 24 hours after fever gone. If left untreated a rash appears. See your doctor as soon as possible. This may indicate Scarlet fever.

Mononucleosis: Contagious by close contact. May return to school on the advice of the physician if temperature is below 100 F and able to tolerate activity. May need to start with half days.

Rash: Please see the doctor for any unexplained rash before sending them to school.

Chicken pox: Highly contagious viral infection. May have less severe case or no infection if your child is up to date with their Varicella immunizations. Begins with a mild fever, itchy rash, malaise, headache, muscle aches, and chills. Rash starts as small red bumps that become blisters, ooze, then crust over. Students are contagious 1-2 days before the rash appears, and until all blisters have crusted over, or about 5-7 days after the rash first erupts. See your doctor. May not return until each lesion has scabbed over. Will be checked by the school nurse the first day back before goes to classroom.

Impetigo: Red or pink pustules with honey colored crusts, frequently on face around mouth. This is usually a staph infection, and can be contagious. If not improving with over the counter antibiotic ointment, see doctor for further treatment. May return to school after treatment has begun and cover areas with a bandage while in school.

Lice: Extreme itchiness of the scalp. May return to school after first treatment and removal of all nits (eggs). Upon return nurse will check the child's head before going to their classroom. Melrose has a no nit policy. Remember to give second treatment in 7-10 days. Check your child's head regularly.

Fifth disease: Mild viral infection usually occurs in the late winter/spring. Red "slapped cheek" appearance on face, with "lacey" rash on trunk/arms/legs. By the time the rash appears, the child is not contagious. It can last for several weeks, and it is normal for it to look worse with heat, such as in baths or with exercise. Mild cold symptoms and fever may appear 3-7 days before the rash and is commonly mistaken for a cold. Adults with Fifth disease may also develop arthritis like symptoms of their joints, which can last for several months. Students can attend school with the rash.

Ring Worm: Mildly contagious, Tinea, a fungal infection. A flat, growing ring shaped rash that is red, scaly, and itchy. The center is often clear. Students may return after treatment with an antifungal cream and the area is covered with a bandage. See doctor if area is not improving.

Scabies: Contagious, itchy skin condition caused by a mite. Itching strongest at night in bed. Student may return 8 hours after first treatment with proper medication.

WHEN TO CALL THE DOCTOR
(Includes, but not exclusive to, the following list)

- Fever & vomiting at the same time.
- Vomiting, with or without diarrhea lasting more than 24 hours.
- Bloody diarrhea or diarrhea lasting several days.
- A rash accompanied by a fever.
- Any cold or cough that does not improve or grows worse after 7 days.
- Ear pain, ear drainage or both.
- Cuts that could require stitches.
- Bleeding that can't be stopped.
- An inability to move an arm or leg.
- Sharp unremitting pain in abdomen.
- Poisoning
- Burns
- Convulsions
- Difficulty breathing
- Head injuries with loss of consciousness
- Gray or ashen skin color
- Blood in urine
- Lack of energy or inability to move.