

PARENTS:

Good Afternoon,

As the first few weeks of school are completed we expect to see an increase in illnesses. These are some reminders for parents/guardians about when to keep your child home from school and when it is appropriate to send back.

Fever- keep home if over 100.0 F. Can return when fever free for 24 hours without medication.

Vomiting- keep home if vomiting/extreme nausea in last 24 hours. Can return when symptom free for 24 hours without medication.

Diarrhea- keep home if diarrhea in last 24 hours. Can return when symptom free for 24 hours without medication.

Rash- keep home if itching, open areas, or with fever. Can return when a doctor's note permitting attendance at school. Health staff may require student to keep area covered while in school.

Eye Infection- keep home if white part of eye pink and/or pus or drainage from eye. Can return when clear eyes, no drainage or pus, and a doctor's note permitting attendance at school. Need to be on antibiotics for 24 hours prior to being back at school

Sore Throat- keep home if fever with swollen glands, difficulty swallowing or eating food, upset stomach or headache. Can return when symptom free for 24 hours with medication. If strep need doctor note to return to school and be on antibiotics for 24 hours.

Cough/Runny Nose/Short of Breath- keep home if uncomfortable stuffed up or constantly runny nose with yellow/green discharge and/or wheezing, shortness of breath, disruptive cough. Can return when fever free for 24 hours without use of medication, sporadic cough, minimal discharge or clear discharge from nose.

The influenza season is beginning (chills, body aches, fever, and headache. Your child may also have a cough, runny or stuffy nose, and sore throat) if you notice any of these symptoms please keep your child home per guidelines. These symptoms can be very similar to a cold or allergies so please monitor closely and watch for fever.

If you have any questions or concerns please contact your building health office or myself.

Respectfully,

Kings Kids Staff

320-484-2354