



SACRED HEART SCHOOL

250 High street Mount Holly, NJ 08060

Phone: 609-267-1728 Fax: 609-267-4476 Web: www.sacred-heart-school.org

Health Office Sick Guidelines

Depending on the time of year, health office visits can be numerous due to streptococcal sore throats, influenza, intestinal viruses, respiratory illness, “pink eye”, etc. Please impress upon your children the importance of hand washing. As you know, this is the key in preventing the spread of infectious illnesses. In addition, adequate sleep and proper hydration play a role in helping the body in its fight against infection. Being certain that your child is getting enough sleep and drinking plenty of water will help him/her stay well.

The chart below provides some useful information to help you decide what action should be taken in a few common circumstances:

Aliment	Specifics	Action to be taken	Return to School
Fever	Temperature of 100.0 or higher	Stay home/report student absent/send home from school	Fever free for 24 hours
Strep Throat	“Positive strep result”	Stay home/report student absent	24 hours after the 1 st dose of antibiotics
Pink eye	Diagnosed by a physician	Stay home/report student absent or if suspected, send home from school	24 hours after treatment has begun
Diarrhea	Loose/watery stool	Stay home/report student absent/send home from school	24 hours past last loose stool
Vomit	Throw up	Stay home/report student absent/send home from school	24 hours past last vomiting episode
Ring worm	Red circular rash that may be itchy	Stay home/report student absent/send home from school	Until treatment has been started or if the lesion cannot be covered. If on the scalp, 24 hours after treatment has been started

If your child comes to the health office with any of the following: temperature of 100.0 or greater, vomiting, and/or diarrhea, you will be contacted. At that time, a parent/guardian or designated emergency-number individual must pick up the child. Please be sure to have someone at school in a timely manner. The sooner your child gets home and received care, the better. Your child will be able to return to school when symptom free for 24 hours, or as above.

Our hope is that this information will be helpful. Please realize that your child’s health and success at school is our motivation. If you have any concerns, please feel free to contact us during Health Office hours at 609-267-1728 ext. 318 (9am-1pm).