



## Reminders From the School Nurse

We are currently at the height of the flu season. Please remind your child of the importance of hand washing and cough etiquette when trying to prevent illnesses. Your children's health is foremost on our minds.

### WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL:

#### FEVER

\*A fever is cause to keep the child home, often a temperature of 100.4 or higher signals an illness or contagion.

\* Your child must be **fever-free** for a **FULL 24 HOURS** before returning to school, **without the use** of a fever reducing medication such as Tylenol, Motrin, or Advil.

#### FLU-LIKE SYMPTOMS

\*Please keep your child home if they exhibit flu-like symptoms—Contact your provider for: fever accompanied with chills, cough, sore throat, runny nose, muscle pain, fatigue, persistent vomiting or diarrhea.

#### DIARRHEA & VOMITING

\*Please keep your child home if he/she vomited or had diarrhea the night before or the morning of school.

\*Your child **MUST** be **vomit-free**, **diarrhea-free** and able to maintain a **REGULAR DIET** for a **FULL 24 HOURS** before the child can return to school.

#### STREP THROAT, BRONCHITIS, CONJUNCTIVITIS (pink eye) and IMPETIGO

\*Children **MUST** stay at home for 24 hours **AFTER STARTING** antibiotics for these contagious diseases.

#### COUGH

\*Please keep your child home if his/her cough is **not under control**. Please note—*cough drops and over the counter cough medicine* require a doctor's note.

#### RASH

\*Your child has a rash accompanied by a fever or behavioral changes. It is recommended that the child see a pediatrician.

Thank you for adhering to these guidelines and for helping to maintain a healthy school environment for all our children.

The link below has some helpful reminders for parents and families to help prevent and minimize the spread of the flu.

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