



## HEALTH GUIDELINES

Because many illnesses are spread directly from person to person, limiting the time children spend with those who are ill can help to keep them healthy. Of course, in a family or school setting, interpersonal contact is unavoidable. Please keep these guidelines in a safe place and refer to them if your child becomes ill.

In addition, if your child develops any of these symptoms during the school day, he/she will be sent home, and should not return to school for at least 24 hours.

**Do not send your child to school if your child has any of the following symptoms/illnesses:**

1. a temperature over 100 degrees and for 24 hours thereafter
2. a cold with frequent coughing and nose blowing
3. vomiting or diarrhea within the past 24 hours
4. pus or drainage from his or her eyes, or if the white of the eyes are reddened or bloodshot
5. strep throat (The student may return to school 24 hours after treatment begins)
6. contagious skin rashes
7. flu or virus infection
8. a contagious disease, such as chicken pox, infectious mono, conjunctivitis (students may return to school only with a doctor's written permission), or if
9. he/she has been seen in a hospital emergency room; a copy of the ER discharge form should be brought to the school

Please remember that you should notify the school when your child will be absent; if the reason is a medical one, please make the nurse aware of the reason for his/her absence.

By following these measures, we will **have a healthier school population and students will not miss valuable instructional time.**