



Is My Child Sick? Should I send my child to school?

One of the problems suffered by most parents of school age children happens when the child complains of not feeling well on a school day. The following is a set of guidelines that may help parents decide when they should keep their child home.



Fever:

A fever is a warning sign that all is not right. No child with a fever of 100 degrees or greater should be sent to school. Do not allow a child to return to school until he/she has been fever free for 24 hours without fever reducing medication.



Cold / Sore Throat /

Cough: A child with a severe cold and hacking cough should remain home and rest even though they may not have a fever. If

your child complains of a sore throat, the throat is beefy red and/ or covered with a white coating or spots, they may have

strep throat. The treatment for strep throat is a course of antibiotics and rest.

Pink Eye: This is an infection that covers the whites of the eyes. Some of the symptoms may be a sticky, gooey discharge that may cause the eyelids to stick together, especially after sleeping. This may cause a crust on the eyelid and lashes. Generally, one eye is affected but it could easily spread to the other and to other members of the household. The treatment is with antibiotic eye drops or ointment prescribed by the doctor. A child may return to school after a full 24 hours of treatment.



Pain:

Toothache: contact your dentist

Earache: contact your doctor

Headache: if severe enough to stay home; contact your doctor.

Rash: A rash may be the first sign of one of the many childhood illnesses, such as chicken pox. A rash may cover the entire body or may appear in only one area. We ask that you do not send your child to school until your physician has said it is safe to do so. Written documentation from the doctor is also required.

Stomachache/Vomiting/Diarrhea:

Contact your physician if your child has a stomach ache that is persistent or severe enough to limit their activity. If vomiting occurs, keep your child home until he/she can keep solid foods down for a full 24 hours. A child with diarrhea should be kept home, again for at least a full 24 hours without diarrhea. Contact your doctor if no improvement occurs.

Handwashing: Please review the importance of handwashing with your child. This is one of the most effective ways of preventing the spread of germs.



Call the health office whenever your child is going to be absent or if you have any questions or concerns. If your child is absent and we have not received a phone call an automated phone call will go out by 9:45 a.m.

You can reach the health office 24 hours a day and weekends (we have an answering machine) at: 631-893-7966.



Medication:

Every attempt should be made to give medications at home, but

occasionally, medications may need to be given during the school day. Should your child require meds during the day, a note is required from the parents for the nurse to administer, along with the doctor's order. All medications must be in a professionally labeled container and must be brought to the health office by an adult. Children are not permitted to carry or transport medication.

**THANKS FOR ALL YOUR
HELP AND
COOPERATION
THROUGHOUT THE
YEAR!**

