

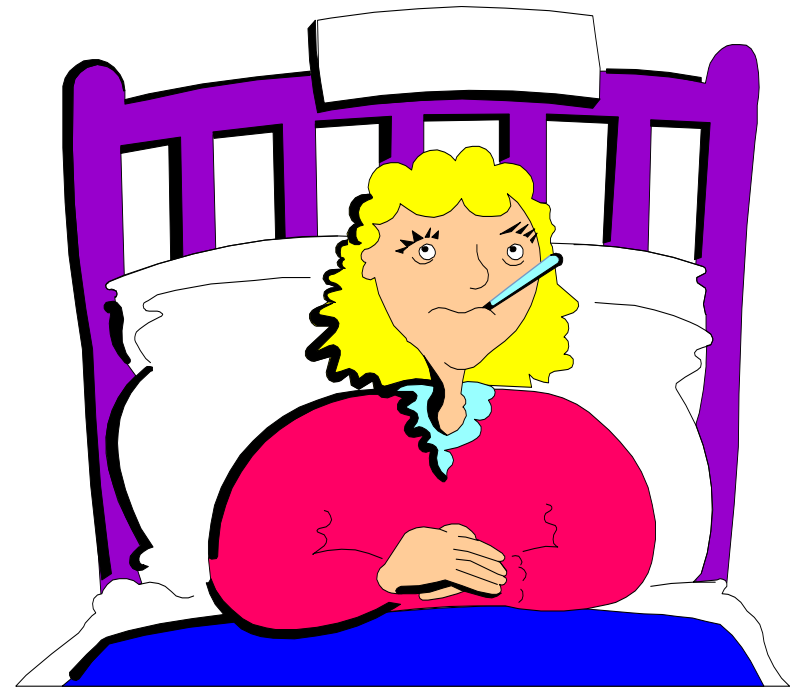
Common sense reminders for parents

Contact your pediatrician for the following:

- Fever greater than 101° lasting longer than 2 or 3 days.
- Persistent cough or sore throat.
- Throat that is reddened with white patches.
- Excessive vomiting or diarrhea, lasting more than a day.

Nurses' Notes

When should I keep Junior home from school?



If your child...

- ... has vomited in the past 24 hours.
- ... has a temperature of 100° or higher.
- ... has a frequent cough, not under good control with medication.
- ... does not feel well and this is not a daily complaint.

... please keep him/her home that day.

If a child comes to school ill, he/she will not be at 100% and will learn very little. **Studies have shown that returning a child to school too soon does not allow adequate recovery time and may increase the possibility he/she will become ill again.** Children need at least 24 hours after vomiting to ensure recovery after loss of fluids. Also, he/she could be spreading their illness to classmates and teachers.

There will always be children at school with minor coughs, sniffles, and colds. To minimize the spread of germs, please review with your child what he/she has already been told at school...

- ... Cough into your sleeve instead of onto your hand.
- ... Use Kleenex once and dispose of it promptly into the trash can.
- ... Wash hands after blowing nose. Instant hand sanitizer is available in each classroom.
- ... Wash hands before meals.
- ... Encourage them to not share personal items, e.g. Kleenex, food, drinks, combs, hats.

Hand washing is the best infection control measure. Please encourage your child to wash his/her hands at every opportunity.