

Health Services Department

Dear Parents,

In order to promote the best environment for maintaining health of all our students and staff, we offer the following health information.

The most common illnesses of children are upper respiratory infections (colds, sinusitis, tonsillitis, bronchitis, sore throat) and diarrhea. These conditions can be symptomatic of more involved illnesses. Most often however, they are infections within an age/developmental group where hygiene habits are just being learned. Therefore, the following are guidelines to assist you with the decision whether or not to send your child to school:

A child should **NOT** attend school if he/she has any of the following symptoms:

1. A fever, taken with an **oral** or **otic** (ear canal) electronic device, **reading over 100.4°F**
2. **OR a temporal electronic device, taken 3-4 times with an average reading over 100°F**
3. Severe sore throat, presence of green or yellow phlegm
4. Copious nasal discharge; yellow or green in color
5. Frequent loose or liquid stools
6. Any body rash that is not firmly related to contact with an irritant, i.e., poison oak
7. Itching, watery, discolored eye drainage (yellow, white, green drainage, crust formation) or red eyes (Not contributed by any known allergy)
8. Nausea and/or vomiting
9. Ear drainage or ear pain (see your healthcare provider)
10. Persistent and/or productive cough

If your child exhibits any of the above conditions, it is best to have the child stay home so they can rest and be observed for any other factors that might affect their overall well-being. If they have a fever, **they should be fever free for 24 hours without medication** before returning to school. Please note, in certain instances discretion will be necessary, such as if a child has an oral temperature of 100°F and a slight nasal discharge during flu season. In such situations you may be asked to consult a healthcare provider and obtain a written note indicating your child may return to school.

In addition, it is important to note that at times there may be other students within your child's classroom who may require hospitalization for a severe illness following exposure to a common infectious disease.

Yours in Good Health,

Tuolumne County Schools Nurses
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(attachment: CDC Illness Chart)

WHEN TO CALL PARENT/GUARDIAN OR SEND A STUDENT HOME FROM SCHOOL

Information compiled from CDC (Centers for Disease Control); and DOH (Department of Health)

Deciding when to send a student home from school is not always easy. It's important for children to attend school and for some parents staying home means missing work. But when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others.

The following information to decide when to send a child/student home from school. Please follow the following information to notify parents as well:
<p>COUGH: A mild hacking cough often starts after the first few days of a common cold. A child with mild symptoms, no fever and otherwise feeling well may be fine at school.</p> <p>WHEN TO SEND A STUDENT HOME: A child with deep or uncontrollable coughing belongs at home even without a fever. A child with cough and fever must stay home from school for at least 24 hours after they no longer have a fever or signs of a fever, without the use of fever-reducing medicine.</p>
<p>DIARRHEA/VOMITING:</p> <p>WHEN TO SEND A STUDENT HOME: Children who have vomited or had diarrhea should be kept at home and should return to school only after being symptom-free for 24 hours.</p>
<p>EAR ACHE: Consult school nurse for earaches. Ear infections may require medical treatment.</p> <p>WHEN TO SEND A STUDENT HOME: A child should stay at home until pain free.</p>
<p>FEVER: Fevers are a common symptom of viral and bacterial infection. Children are likely to be contagious to others when they have a fever.</p> <p>WHEN TO SEND A STUDENT HOME: Any child with a fever of 100°F or higher should not attend school and should not return until they have been fever free for 24 hours. A child with flu-like illness (fever and a cough) must stay home from school for at least 24 hours after they no longer have a fever or signs of a fever, without the use of fever-reducing medicine.</p>
<p>HEADACHES: A child whose only complaint is a mild headache usually does not need to be sent home from school. Complaints of frequent or more severe headaches can be noted to parent to make decision if child needs to be evaluated by a medical provider, including vision exam if needed.</p> <p>WHEN TO SEND A STUDENT HOME: A child with a significant headache should be send home only after contacting both school nurse and parent.</p>
<p>HEAD LICE: are tiny insects that live only on human scalps and hair. They do not cause illness or carry disease. An itchy scalp is the most common symptom. Adult lice are reddish brown, about the size of a sesame seed and can be hard to see. Lice lay nits (eggs) on strands of hair close to the scalp. Nits are easier to see than lice, look like tiny tan or white dots and are firmly attached to hair. Nits can usually be seen near the scalp behind ears, at the nape of the neck and under bangs. The most important step for getting rid of head lice is daily careful nit removal for at least 14 days using a special lice comb and by "nit picking". In addition, over the counter and prescription treatments are available.</p> <p>WHEN TO SEND A STUDENT HOME: Student should be send home only if a live louse is found on head. The student is to remain at home until all live lice have been removed and home treatment has been administered. Student can remain in school even if nits are still present.</p>
<p>IMPETIGO: is a contagious bacterial skin infection that usually begins with small fluid filled blisters that cause a honey-colored crust on skin after bursting. It is important to have these symptoms evaluated by a medical provider because untreated infection can lead to serious complications. 24 hours after starting prescribed antibiotics, impetigo is no longer contagious.</p> <p>WHEN TO SEND A STUDENT HOME: School nurse should be contacted if impetigo is detected. The nurse will then make decision if student should go home. Student is to stay home and may return 24 hours after starting prescribed antibiotics and impetigo is no longer contagious. Area should be covered at school at all times.</p>

PINK EYE: (Conjunctivitis) is a common infectious disease of one or both eyes caused by several types of bacteria and viruses. The eye typically appears very red and feels irritated. There may be drainage of mucous and pus or clear liquid. Prescription medication may be needed to treat bacterial infection. Virus-caused pink eye will not need antibiotic treatment.

WHEN TO SEND A STUDENT HOME: A student with the above symptoms should be kept at home until evaluated by a medical provider and return to school with or without treatment depending on the diagnosis and note from a doctor.

RASHES: A rash may be one of the first signs of a contagious childhood illness such as chickenpox. Rashes may cover the entire body or be in only one area and are most contagious in the early stages.

WHEN TO SEND A STUDENT HOME: Contact school nurse and have her make decision about rash before sending or calling parent.

SORE THROAT: A child with a mild sore throat, no fever and otherwise feeling well may be fine to attend school.

WHEN TO SEND A STUDENT HOME: If student has fever or no fever and or is in severe distress or pain contact parent and child should be send home and can come back with a doctor note.

STREP THROAT: A significantly sore throat could be strep throat, a contagious illness. Other symptoms may include fever, white spots in the back of the throat, headache and upset stomach. Untreated strep throat can lead to serious complications.

WHEN TO SEND A STUDENT HOME: If student has above symptoms contact school nurse. If student is diagnosed with strep throat he or she is no longer infectious and can return to school 24 hours after antibiotic treatment has been started.

STOMACH PAIN:

WHEN TO SEND A STUDENT HOME: Consult with school nurse and contact parent if child has stomachache that is persistent or severe enough to limit activity. If vomiting or diarrhea occurs, the child needs to stay home until symptom free for 24 hours.

HEALTHY HABITS to STAY WELL and PREVENT SPREADING GERMS

WASH YOUR HANDS OFTEN with soap and water especially after coughing, sneezing or blowing your nose. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth to help prevent the spread of viruses.

Don't share food, utensils, beverages or anything that might be contaminated with germs.

Try to avoid close contact with sick people.

Stay home when sick, especially with flu-like symptoms of fever and cough. Stay home for at least 24 hours after being fever free without the use of fever reducing medicine.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash and wash your hands.

Cough and sneeze into your sleeve or elbow instead of your hands if you don't have a tissue.

Wear a mask if you're asked.

Clean surfaces that may be contaminated with germs using household disinfectant cleaners.

