

Nurse's Notes

As I'm sure many of you know, cold and flu season is well upon us. Here are some tips to help you decide whether your child is too sick to come to school.

- **Fever:** If your child has a fever of 100°F or greater, they need to stay home and rest. A fever of 100°F or more signals an illness that is probably going to make a student uncomfortable and unable to function well in class. Your child should stay home until his or her temperature is less than 100°F for 24 hours WITHOUT medication.
- **Runny nose/Cough:** Nasal discharge that is yellow, green and thick may indicate an infection. In small children the discharge is more easily spread as they often don't understand that it should be wiped away with tissues. Please keep your young child home if he/she has severe nasal discharge. A productive cough with yellow or green mucus may need to be checked by a healthcare provider, especially if the child has a fever as well.
- **Vomiting, Diarrhea or Severe Nausea:** All three of these conditions are very uncomfortable and will make your child not able to participate fully in class. These are symptoms that require a student to remain at home until a normal diet is tolerated the night before and the morning of school.
- **Infectious Diseases:** Diseases such as impetigo, pink eye with thick drainage, and strep throat require a health care provider's visits and prescription for medication. Contacting the health care provider and using the medicine as directed for the full recommended length of time are necessary, you should never have leftover antibiotics. A student may return to school 24 hours after the first dose of an antibiotic and if he/she is feeling well. Students with chicken pox may return to school when all the scabs are completely dried and no new lesions are developing (usually 5-7 days).
- **Injuries:** If a student has an injury that causes continuous discomfort, the student should not attend school until the condition is checked by a healthcare provider or it improves. Injuries that interfere with class participation need a medical evaluation. If participation in physical education classes is not recommended, a health care provider's excuse is required.

The best way to prevent the spread of illness is hand washing. Be sure to remind your child to cough and sneeze into their sleeve to decrease the spread of the cold/flu virus.

If you have any questions feel free to contact me!

Stay healthy out there this cold and flu season!

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