

It is inevitable that children will get sick, no matter where they are. As children begin to have contact with the world outside of their own families, they come into contact with germs and bacteria that are foreign to their bodies. This is the way they build immunities. We cannot, nor would we want to shield a child completely from the outside world. If we did, the natural immunities a child gains through contact with others would not develop and a simple cold would become a serious illness. We do, however, want to protect a child from an unusually high exposure to germs all at once. If your child requires medication of any kind it will be kept in a marked container in the office. You must fill out a special medical release form from the office.

For the health of your child and the children in his class, the following health policies have been established.

If your child shows any of the symptoms listed below while at school, you will be called and asked to come immediately to get your child. Please help us protect the other children (and your own) by responding promptly. If a child has any of these at home, we ask you to keep him out of school until the symptoms are gone or until your physician says it is all right to return. **Please call the office** as soon as you are able if your child will not be at school.

- Fever (100 degrees or higher)
- Severe coughing (child gets red or blue in the face; croupy or whooping sounds)
- Difficult or rapid breathing
- Yellowish skin or eyes
- Pinkeye – (tears, redness of eyelid lining, followed by swelling and discharge of pus)
- Unusual spots or rashes
- Sore throat or trouble swallowing
- Infected skin patches
- Headache and stiff neck
- Vomiting
- Severe itching of body or scalp or scratching of scalp
- Diarrhea

If a child appears cranky or less active than usual, cries more than usual, or just seems generally unwell at home, please look for any of the above symptoms.

1. **Fever** – We call parents if a child has a fever of 100 degrees or more. Your child should be observed at least 24 hours before returning to school.
2. **Conjunctivitis** (pink eye) – Should be seen by a doctor and treated for 24 hours before returning to school. Your child cannot return to school the same day of treatment unless by permission of your doctor stating that the child does not have contagious conjunctivitis.
3. **Scarlet Fever** – Symptoms: Fever, sore throat (caused by strep germ), rash most often on neck, chest and skin of arms, elbows, groin and inner thighs. Non-communicable after 24 hours of drug therapy. Most children require 3-4 days before returning to school. This will allow your child time to recuperate and prevent further complications.
4. **Throat cultures** – If a doctor does a throat culture on your child, he may not return to school until the results of the culture are known.
5. **Impetigo** – Multiple skin lesions are usually on exposed portions (elbows, legs, face and knees). Lesions vary in size and shape and consist of blisters, which rapidly turn into brown crusts on a reddened base. Caused by strep or staph germ. Exclude from school until physician advises return – usually about 3 days.
6. **Chicken Pox** – Incubation period after exposure can be 2-3 weeks, commonly 13-17 days. Sudden onset with fever and itchy eruptions, which become small blisters within a few hours and develops in different areas. Exclude from school until crusts have formed on all blisters.

7. **Head Lice** – Your child should not attend school with an active case of head lice. Please notify the school. Your child must be nit free before returning to school.
8. **Fifth Disease** – Symptoms: Non-itching rash on thighs and arms in a lacy pattern, slightly raised bright red cheeks (as if slapped), slight fever, no sore throat. Rash can last two or more days. Incubation period is 7-14 days. Although it is contagious, isolation is not usually recommended.

If your child has even been exposed to any of these diseases listed above, we ask that you notify us of the exposure so we may be alerted to symptoms. The school will notify parents any time children have been exposed to something contagious such as Pink Eye, Chicken Pox or Lice.