

Sick Day Guidelines: Making the right choice!

Dear Parents:

To help prevent the spread of illness, we would like to give you some guidelines to help with your decision on whether or not to send your child to school. We ask that you keep your child home if he or she:

- Has a fever of 100.0 (oral) degrees or higher
- Has vomited more than once within a 24 hour period
- Has a persistent cough (dry or productive)
- Has diarrhea (three or more episodes in 24 hours)
- Has open and draining sores
- Has symptoms that prevent him or her from participating in school, such as:
 - Excessive tiredness or lack of appetite
 - Headaches, body aches, earaches
 - Severe sore throat (*could be strep-throat even without fever. Other symptoms of strep throat in children are headache & stomach upset. Contact your pediatrician to assess for diagnosis of strep throat*).

If your child has recently been ill, please be aware of the following guidelines before having your child return to school, athletic or social activities:

- They should feel fit for at least 24 hours.
- Be free of fever for at least 24 hours (**without medication**)
- Be free of vomiting and or diarrhea for at least 24 hours.
- If strep throat, they must be on the appropriate antibiotic for at least 24 hours.
- If conjunctivitis, they must be on the appropriate eye drops for at least 24 hours or cleared by a physician.
- Rash illnesses should be assessed by a doctor. For chicken pox, keep home for at least 5 days after the appearance of the rash or until all blisters have scabbed over.

For head lice, child should receive prompt and proper treatment with a specifically designated lice shampoo/lotion. Your child is free to return as long as we have evidence of treatment being initiated and no live lice. The child then will be rechecked 7-10 days later after the second treatment has been completed. There will no longer be whole-class checks for lice; only upon parental request for a child or if the child shows itchiness/ evidence of lice or nits while in class.

To keep children healthy, make sure they have plenty of rest and a nutritious diet. Show your child the proper way to wash their hands and to do it frequently throughout the day. Make sure to use soap & water and to rub hands together for at least 20 seconds. Limit touching areas such as the eyes, nose or mouth. Teach your child to cover coughs and sneezes with a tissue or their arm. Minimize the time your child spends with others who are ill. Avoid sharing personal items such as hats, brushes, combs, lip balms or towels.

Please notify the school if your child has been diagnosed with an infectious condition such as strep throat, chickenpox, scarlet fever, pertussis, head lice, etc.

Thank you for your cooperation.

Adapted from information provided by Lake County Health Department/Community Health Center

Instrucciones para días de enfermedades: Tomando la decisión correcta!

Estimados Padres:

Para poder prevenir la propagación de enfermedades le estamos proveyendo instrucciones para ayudarlo a decidir si debe mandar a su hijo (a) a la escuela. Pedimos que mantenga a su hijo (a) en su casa si tiene alguno de los síntomas siguientes:

- Tiene 100.0 grados o mas de fiebre (calentura) oral
- Tiene vómitos
- Tiene una tos seca persistente
- Tiene diarrea (3 veces o mas en 24 horas)
- Tiene lesiones con pus
- Tiene síntomas que previenen que su hijo (a) participe en actividades escolares como:
 - Cansancio o falta de apetito
 - Dolor de cabeza, cuerpo, o de oídos
 - Dolor de garganta severa (podría tener dolor de garganta aunque no tenga fiebre, otros síntomas de dolor de garganta en los niños dolor de cabeza y de estomago. Llame al pediatra para que determine si su hijo (a) tiene dolor de garganta).

Si su hijo (a) ha estado enfermo recientemente, por favor siga las siguientes pautas antes de mandarlo a la escuela, actividades atléticas o sociales:

- Deben sentirse bien por lo menos 24 horas.
- No haber tenido fiebre por 24 horas (sin haber tomado medicamentos)
- Si es dolor de garganta deben de estar en antibiótico apropiado por 24 horas
- Si es conjuntivitis, debe de estar recibiendo el antibiótico en gotas apropiado por 24 horas o tener permiso de un medico
- Si es varicela, mantenga a su hijo (a) en su casa por 5 días o hasta que las lesiones se hayan secado.

Para mantener a los niños saludables ellos necesitan suficiente descanso y una dieta nutricional. Asegurándose que su hijo (a) practique buen lavado de manos con frecuencia. Lave las manos usando jabón, usando mucha fricción por 20 segundos y enjuagar las manos bajo agua corriente. Trate de mantener sus manos alejadas de ojos, nariz y boca. Enseñe a su hijo (a) a cubrir sus tos de estornudar con una pañuelos desechables (kleenex) o con su brazo. Trate de evitar que su hijo (a) no pase mucho tiempo con personas enfermas. Evite compartir objetos personales tales como gorras, cepillos del cabello, peines y toallas.

Por favor notifique a la escuelas si su hijo (a) ha sido diagnosticado con una condición infecciosa tal como dolor de garganta, varicela, fiebre escarlantina, tos ferina, piojos, etc.

Gracias por su cooperacion.

Basada en la información de el Departamento de Salud y el Centro de Salud Comunitario