



## **When to Keep Your Teen Home from School**



Please keep this letter for future reference.

### **FEVER**

Temperature of 100.0 or higher is an indication that your child could be contagious. Tylenol or ibuprofen (Motrin, Advil) will bring the temperature down, and increase comfort, but will not prevent passing an illness to classmates.

### **CONJUNCTIVITIS**

Conjunctivitis (pink eye) may be caused by allergens, pollutants or viral or bacterial infections. Only the last two are contagious. Bacterial conjunctivitis creates a stringy discharge that may cause the lids to stick together after sleeping. In addition to redness, there may be a gritty feeling under the lid. The discharge in viral conjunctivitis is watery. Standard procedure dictates that students with bacterial conjunctivitis be kept at home until he/she has been on antibiotic treatment for 24 hours. In addition, to avoid spreading infection, please emphasize the importance of taking these simple steps:

- Wash hands frequently – with hot water and soap
- Avoid touching the face
- Avoid shaking hands
- Do not share towels or washcloths
- Don't swim

Parents may also want to disinfect some home surfaces (like doorknobs and phone handsets) with a diluted bleach solution.

### **VOMITING**

Vomiting two or more times within the past 24 hours.

### **DIARRHEA**

Diarrhea three or more times in a 24-hour period especially when accompanied by weakness and/or fatigue.

### **RASH**

Body rash, especially with fever and/or itching.

### **SEVERE SORE THROAT/ COUGH**

Especially with temperature 100 degrees or above, or with swollen glands in the neck.

### **HEAD LICE**

Students cannot return to school until their hair has been treated with lice shampoo and most of the dead eggs (nits) have been removed from the hair. The student needs to check in with the nurse before returning to class.

### **INJURIES**

Any injury resulting in a swollen and painful joint, especially in the lower extremities should be treated with rest, ice and elevation for, at least, the first 24 hours, even if you feel certain the injury does not require a trip to the doctor's office.

If you have any questions, please call me between 7:30 a.m. and 3:30 p.m. or e-mail me at any time.

