

BECAUSE WE CARE...

We coordinate with the local health district in protecting children from certain symptoms of communicable diseases.

If your child has any of these symptoms, please keep him or her home, or make appropriate child care arrangements.

- APPEARANCE, BEHAVIOR – unusually tired, pale, lack of appetite. This is sufficient reason to exclude a child from school.
- Productive coughing, sneezing.
- Headache, body aches, earache.
- EYES – thick mucus or pus draining from the eye, excessive tearing, or red eyes (conjunctivitis).
- FEVER –
 - Has a fever of 100.4 degrees or higher.
 - **Keep your child home until his or her fever has been gone for 24 hours WITHOUT medication.**
 - Colds can be contagious for at least 48 hours.
 - Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.
- GREENISH NOSE DISCHARGE, AND/OR CHRONIC COUGH – should be seen by a health care provider. These conditions may be contagious and require treatment.
- SORE THROAT – especially with fever or swollen glands in the neck.
- DIARRHEA – 3 or more watery stools in a 24 hour period especially if the child acts or looks ill.
- VOMITING – has been vomiting in the last 24 hours.
- RASH – Body rash, especially with fever or itching. Diaper rashes, heat rashes and allergic reactions are not contagious.
- EAR INFECTIONS WITHOUT FEVER – do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- LICE, SCABIES – children may not return to school until they have been properly treated.

Does my child have the flu?

• The flu is serious! Call your pediatrician at the first sign of flu symptoms, which typically **come on suddenly**, including:

- High fever
- Chills
- Head ache, body aches, ear ache
- Nausea, vomiting
- Dry cough

If you're unsure about the best way to treat your child's cold or flu, ask your school nurse, doctor, pharmacist, or other healthcare provider.

How can I prevent my child from getting a cold?

- Teach your child to wash his or her hands frequently using plenty of soap and warm water. Proper hand-washing should take about 20 seconds or the time it takes to sing "Happy Birthday" twice
- Teach your child to cover coughs and sneezes with a tissue or their sleeve
- Keep the child's environment tobacco free
- Try to minimize the time your child spends with other children who have cough or cold symptoms
- Keep an annual well-child exam to follow changes in your child's health
- Keep all of your child's immunizations up-to-date (The Centers for Disease Control and Prevention guidelines now recommend a flu vaccine for most children aged 6 months up to their 19th birthday)
- Serve a balanced diet with lots of fruits and vegetables. Giving a daily vitamin may be recommended by your pediatrician
- After your child is feeling better, clean all surfaces; wash the bedding and air out the room
- Keep surfaces like door knobs, phones, remote controls, toys, and keyboards clean
- Always make sure to consult your school nurse or doctor if you have any questions

IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM OR HER UP FROM SCHOOL.

- Bringing a child to school with any of the above symptoms puts other children and staff at risk of getting sick.
- If all parents keep their sick children at home, we will have stronger, healthier, and happier children.
- While we regret any inconvenience this may cause, in the long run this means fewer lost work days and less illness for parents too.
- Certain conditions may require a doctor's note to return. If you have any questions call your school nurse.

Thank you,
Lynden School District No. 504 Health Staff