

Reminders from the School Nurse

The following is important information for our students, families & staff to help maintain overall school and community health.

School and Illness



When should my child stay home?

Immaculate Conception School wants every child to learn and be successful. School attendance is linked to learning. However, there are times when your child may be ill and should stay at home until he/she feels better or is no longer contagious to others. Below are some guidelines to help you determine when your child should stay home.

- Temperature above 100° by mouth (without fever reducing medication)
- Vomiting or diarrhea
- Shortness of breath or wheezing during normal activity
- Cough that interrupts normal activity
- Pain from earache, sore throat, or recent injury
- Yellow or green drainage from eye(s)
- Rash or draining sores
- Ill students should stay home for 24 hours after being fever free with out taking any fever reducing medications, such as Tylenol or Advil. *Do not give aspirin or aspirin containing products to children with influenza. Influenza and aspirin therapy may lead to Reye Syndrome, a rare condition that may lead to liver failure.*

Information from Columbus City Schools 2009 website: www.columbus.k12.oh.us (Health, Family, and Community Services Link)

- ◆ It is *very important* that the school has current contact information in case of illness or emergency. Please keep the school office updated anytime there is a change.
- ◆ Thank you!!! We look forward to a productive, healthy school year. Please call the school nurse if you have any questions.

See other side for ways to help prevent the spread of illness

How can I help prevent the spread of illness and stay healthy?

- 1. Cover your cough or sneeze:**
 - ◆With your sleeve/ elbow or with a tissue
 - ◆Put tissue in trash right away
- 2. Wash hands thoroughly for at least 15 to 20 seconds:**
 - ◆Children can wash their hands while singing a song such as 'Happy Birthday'
 - ◆Be sure to get under and around fingernails (germs love this area!)
 - ◆Don't forget to wash the back of your hands
 - ◆Turn off the faucet with a paper towel if in a public place
- 3. Avoid touching your nose, mouth, and eyes:**
 - ◆These are easy places for germs to get into your body
- 4. Avoid contact with people that are ill**
- 5. Help stay healthy by:**
 - ◆Washing hands frequently
 - ◆Eating a healthy, balanced diet with plenty of fresh fruits and vegetables
 - ◆Getting exercise daily
 - ◆Getting adequate rest/ sleep
 - ◆Taking measures to reduce stress
- 6. If you become ill, remember the importance of:**
 - ◆Rest
 - ◆Fluids: non-caffeinated, non-sugary (Water is best)
 - ◆If a child has diarrhea or vomiting, staying hydrated is essential. Small sips of water frequently are helpful.
- 7. If you are sick, even if the symptoms are mild, stay home:**
 - ◆This will give your body the rest it needs to recover
 - ◆This will help prevent the spread of illness to others
 - ◆See your doctor if symptoms worsen or do not improve in a couple days