

Fever

Please keep your child home if they have a temperature of **100 °F or higher**.

Fevers are generally a sign of an infection or viral illness.



If your child has a fever they will typically look hot and flushed but be feeling cold. Be sure to have a thermometer at home to take temperatures.

When your child has a fever, increase fluid intake to prevent dehydration. Consult a doctor for advice on fever reduction medication and if the fever is associated with other symptoms.

Your child must be **FEVER FREE** for **24 hours** without medications before returning to school.

Rash

Rashes are generally caused by **skin irritation** and will frequently go away with home treatment. They can be caused by simply coming into contact with something that is an allergen, causing a reaction to your skin (contact dermatitis). Some rashes are a sign of a **viral illness** or a **reaction to medication**. If a rash does not go away, medical treatment would be necessary.

Do not send your child to school if they have a rash until you have spoken with your doctor. If you are able to cover the rash and the cause of the rash is known they may come to school.

When you call your doctor you need to know:

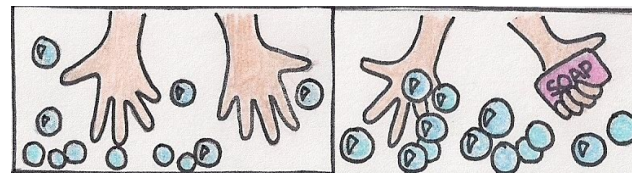
- Location of the rash
- Appearance of the rash
- Length of time having the rash
- Any new medications or foods
- Temperature

Handwashing

Clean hands save lives

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean running water.

- Use warm water and soap to wash hands for approximately 20 seconds.
- Dry your hands with a paper towel or air dryer. If possible use the paper towel to turn off the faucet.
- If soap and water are not available, use alcohol based gel (at least 60%) to clean hands.



When to wash your hands:

- Before or after preparing food
- Before or after eating food
- After using the toilet
- Before or after tending to someone sick
- After blowing your nose, coughing, or sneezing
- After handling an animal
- After handling garbage
- Before or after taking care of a cut or wound



Health &

Attendance

*Sick children belong at home.
Well children belong in school.*

When to keep your child at home

Please notify school when you will be keeping your child home.

School Phone:

This brochure is intended for guidelines until you contact your doctor for medical advice.

Battle Ground Public Schools, Feb2016

Vomiting & Diarrhea

A child that is experiencing vomiting or diarrhea should be kept out of school until they are ***symptom free for 24 hours or as determined by the school nurse.*** Vomiting/diarrhea is usually caused by a virus. Contact your doctor if pain and fever persist or your child appears to be dehydrated. Be sure to prevent dehydration by increasing fluid intake. Frequently wash hands to prevent spread of illness.

Things to tell your doctor:

- When the symptoms started
- How often vomiting/diarrhea occur
- If your child has a fever
- If your child is able to retain liquids.

Pain



Headache: Headaches are one of the most common locations of pain. Please keep your child at home if their headache is too severe to concentrate in school or if it is accompanied by other symptoms such as nausea/vomiting. Consult your doctor if headaches persist.

Toothache: The most common causes of toothache is dental cavities. All dental pain should be evaluated by your child's dentist.

Earache: Your child does not have to stay home for an ear infection. For pain relief give your child Motrin or acetaminophen as instructed by your doctor.

Cold & Flu Symptoms

Symptoms of the common cold could range from nasal congestion, sore throat, coughing, sneezing, fever, and headache. Please keep your child at home if they have a fever until **24 hours fever free without medication.**

Strep Throat: Strep throat is very common in kids and teens. It can include a sore throat, fever, stomach ache, headache, and red & swollen tonsils. Call your doctor if you suspect your child may have strep throat. Your child must stay at home until they have been on **antibiotics for 24 hours** and are no longer considered contagious.

Make sure to tell your doctor:

- When your child's symptoms started
- If they were accompanied by a fever
- If anyone you know has recently been sick that your child has been in contact with
- The type of medications you have tried

Red Eye

Keep your child at home if the white of their eye is now red/pink and they have yellow/green crusty drainage.

Pinkeye also known as

Conjunctivitis, is redness and swelling to the mucous membrane that lines the eyelid and eye. Please consult your doctor if you suspect your child may have pink eye and keep them at home until they have **been treated for 24 hours.** Make sure to frequently wash hands as eye infections are very contagious, especially among young children. Have your child use a separate towel and washcloth while they have pink eye.