

When **NOT** to send your child to school**.

Most seasonal illnesses do **NOT** require students to stay home from school. Please review the following information. If you do not have easy access to medical care, please call your school nurse. There are clinics available, as well as help with Oregon Health Plan applications.

Here are some simple rules to help you through the winter months:

- **Common cold with runny nose & cough, but NO fever** -- does **not** require staying home from school. Send tissues with your student, encourage extra fluids & frequent hand washing.

** - **Runny nose, with cough AND FEVER*** -- seek medical advice.

**A thermometer reading over 100.4 is considered a "fever".*

- **Sore throat, NO fever** -- uncomfortable, but going to school is **OKAY**. Encourage your child to get more rest and to drink extra fluids.

** - **Sore throat WITH fever, headache or abdominal pain** -- seek medical advice.

** - **Ear pain** -- needs **medical attention**. If an infection is present, antibiotics will be prescribed & possibly medication for pain relief. **A child with an ear infection does not need to miss school.** These guidelines also apply to sinus infections.

** - **Diarrhea & Vomiting** -- Exclusion from school **is** required if the student has 3 or more watery stools in one day, and for **any** vomiting. If a fever develops, seek medical advice. Students may return to school when there has been no fever for 24 hours.

PLEASE NOTE:

- **Only licensed health care providers** can diagnosis, prescribe treatment & provide a note to excuse a student from school for more than 2 days.

- **Transportation** -- A sick child **will not** be allowed to travel home on their regular school bus. An authorized adult will need to pick them up from the school.

VERY IMPORTANT!! **Please inform the school if there are any changes in the contact numbers for your student.** If you have any questions or concerns, please contact the Registered Nurse assigned to your child's school. The Health Aide at your child's school can give you contact information for their RN or can have the nurse contact you directly.