








## ILLNESS AND SCHOOL MEMO

I NEED TO STAY HOME IF						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Oral temperature of <b>100°F</b> or higher.	<b>Within the past 24 hours.</b>	<b>Within the past 24 hours.</b>	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching and/or “crusty” drainage from eye.	Hospital stay and/or ER visit.

I AM READY TO GO BACK TO SCHOOL WHEN I AM...						
Fever free for 24 hours <b>without</b> the use of fever reducing medication (i.e. Tylenol, Motrin).	Free from vomiting for <b>at least 2 solid meals.</b>	Free from diarrhea for <b>at least 24 hours.</b>	*Free from rash, itching, or fever. Evaluated by my doctor and have note to return to school.*	Treated with appropriate lice treatment at home and proof is provided to nurse.	*Evaluated by my doctor and have note to return to school.*	*Released by my medical provider to return to school.*

**\*To return to school, doctor’s note must be provided to the school nurse.**

STEPS TO REDUCE ILLNESS						
Drink plenty of <b>water</b> , eat a <b>healthy variety of foods</b> , and get at least <b>8 hours of sleep</b> every night.	<b>Get a flu shot.</b>	<b>Wash hands</b> frequently using soap and water for at least 20 seconds.	<b>Cover coughs and sneezes</b> with tissues or by coughing into the elbow.	<b>Keep children at home if they are sick.</b> Separate sick family members from others.	Ensure parent emergency <b>contact information is correct.</b>	<b>Call your doctor for:</b> <i>high fever, prolonged illness, respiratory problems, or other severe symptoms.</i>