



# From the Nurse's Office

Plainville Public Schools

## Illness Guidelines

### Making the Right Call When Your Child Is Sick:

#### **Fever**

- If your child has a temperature greater than 100 degrees, please keep them home. The temperature should be below 100 for 24 hours before sending your child back to school.
- Please notify the nurse of any illness that may have been contagious. Your child may return to school after 24 hours of treatment with antibiotics.

#### **Vomiting/Diarrhea**

- If your child vomits or has diarrhea during the night or before school, please keep them home until it subsides or at least 24 hours.

#### **Conjunctivitis**

- Symptoms such as blood shot eye, itchiness, crusty discharge on eyelashes may be a sign of conjunctivitis/pink eye. Please keep your child home and call the physician. Students can return to school 24 hours after treatment.

#### **Lice**

- Remember to check your child's head periodically for pediculosis (head lice). If you think your child has head lice, please inform the nurse so proper steps may be taken.

#### **Other symptoms that may keep your child home:**

Headache, body aches, or earache

Very tired or lack of appetite

Cough that he or she cannot control, sneezing often

**Sore Throat**—a minor sore throat is ok for school, but a severe sore throat could be strep throat, even if there is no fever. Other symptoms of strep throat are headache, stomach upset, or rash. Call your doctor if your child has these symptoms. A special test is needed to know if it is strep throat.

#### **Physicals/Immunizations**

- Please keep the school nurse informed about any changes in your child's health or any problems that your child has. Send in a copy of any new physical examinations or immunizations so your child's health file can be updated. Immunizations and physicals are extremely important.

#### **Doctor's Notes**

- A doctor's note is required to return to school after: any communicable disease, hospitalization, or broken bones, or prolonged illness (absent for 5 or more school days).

#### **Tylenol/Medications**

- Tylenol may be given in school with parent's permission. Tylenol is provided by the school. All other medications (including over-the counter medications) require a doctor's order and must be provided by the parent.

#### **Confidential Emergency Information**

- All emergency information is kept in the nurse's office. It is important to keep these records up to date. If an emergency arises, you will be glad you kept the information accurate.

For more information, or if you have questions,  
please contact the School Nurse: We are very willing to help.

Jackson 699-1321/Wood 699-1328

