

## **Some things to consider if your child is not feeling well:**

Often an early morning decision that parents have to make is whether their child is well enough to go to school. Not only may the child feel too sick to learn very much on those days, but they are also infecting other students and staff. Below are some guidelines, which will help you decide whether to send them or keep them home.

**Fever:** If your child has a temperature of 100 degrees or more, please keep them home. If they have 100 degrees or more fever at school, parents will be called to come pick up their child. Students need to be fever & medication free for 24 hours before returning to school. Tylenol, Ibuprofen, and other similar medications will bring a fever down, but it does not mean that the child is still not sick.

Often temperature rises during the day. A slight fever in the morning will get much higher by noon. Often times a borderline temperature (99-100), is enough to make children feel quite ill. Use your judgment about sending them when their fever is less than 100.

**Vomiting and diarrhea:** Please keep them home! Vomiting and diarrhea are not considered “normal”. Often children will feel better after vomiting, but will quickly become ill again. Keep them home until they are vomit/diarrhea Free for 24hrs.

**Antibiotic treatment:** If your child is on antibiotics for a communicable disease, such as strep throat, pink eye, or other infections, keep them home until they have been on the antibiotics for at least 24 hours. If your child needs to continue antibiotic treatment at school, be sure to follow the school’s medication policy. Please follow your doctor’s orders for antibiotics (some illnesses will require the child to be on antibiotics for longer than 24 hours before returning to school). Discontinuing antibiotics when the child feels better may cause the child to become sick again. If you take your child to the doctor, please get a statement for school.

**Pink eye:** Conjunctivitis (pink eye) needs to be treated with antibiotics (usually eye drops) for 24 hours before returning to school.

**Head lice:** Lice is a very common issue in public schools. If your child is found to have lice at school, you will be called to pick them up. Head lice are very treatable. All family members and close contacts should be checked for head lice and treated if found. Pamphlets on treatment are available in the school nurse’s office.

Head lice are a bother, but in the scheme of things, temporary. Anyone can get head lice and despite the stigma attached, lice actually prefer "clean" hair. Encourage your children not to share combs, brushes, hats, headbands, or other hair clips as this is often the cause of spread among family & friends. If you suspect your child has been exposed to head lice, please check them at home and provide treatment before sending them to school.

*If you are unsure whether or not to send your child, you can contact the school nurse at (812) 384-2402 or [rmcintosh@bsd.k12.in.us](mailto:rmcintosh@bsd.k12.in.us)*