

# News from the Nurse

*The season for winter cold and illness has arrived!*

To protect the health of our entire school community, please keep your child at home if they display the following symptoms.

- Fever
- Chills
- Vomiting
- Diarrhea
- Constant coughing
- Excessive nasal discharge
- Sore throat accompanied by swollen glands
- Undiagnosed rash

A child should remain at home 24 hours after symptoms subside. In addition, a child should be fever-free, **without the aid of fever-reducing medication.**

**Remember if a child is sick, they should not go to other events such as sports, scouts, clubs and parties.**

## PLEASE SAVE FOR REFERENCE THROUGHOUT YEAR

**All children should remain at home for at least 24 hours symptom free after they have had any illness accompanied by vomiting, diarrhea, or fever.**

Any student suspected of having any of the following communicable diseases must remain out of school for the indicated time. Please call the school nurse for additional information.

DISEASE	INCUBATION PERIOD	EXCLUSION FROM SCHOOL
1. Chicken Pox	14 – 21 days	6 days from the last crop of vesicles. Scabs must be dry.
2. Conjunctivitis	24 - 72 hrs	Until eyes are free of discharge or under treatment for 24 hours.
3. Fifth Disease		No exclusion.
4. Scabies	7 days	24 hours after start of treatment.
5. Scarlet Fever / Strep Throat	1 – 3 days	24 hours after start of treatment.
6. Skin Staph or Strep	1 – 3 days	Until skin is clear or under treatment for 24 hours.
7. Impetigo	4 -10 days	Until skin is clear or under treatment for 24 hours.
8. Pediculosis (lice)	2 weeks	Until treated and free of lice and nits.
9. Pinworms	none	Until first dose of treatment is given
10. Ringworm	4 -10 days	Until skin is clear of all scabs and crusts or under treatment for 24 hours.
11. Any undiagnosed rash or fever		Until diagnosis is established or symptoms are gone for 24 hours.