



## GUIDELINES FOR ASSESSING YOUR CHILD'S HEALTH

We encourage students to remain at home when they are sick, however students do need to attend school consistently to be successful in classes. Patterns that children develop regarding health and illness often carryover into future school years as well as into adulthood and the work world. We consider school your child's "job", and attendance is a crucial aspect to success. Our goal is to work with students, parents, and staff to promote optimal health thus creating the best environment for learning.

### Guidelines for you to use in deciding if your child should stay home or go to school:

1. **TEMPERATURE:** Your child's temperature should be below 100 °F for 24 hours **without use of medication to reduce fever before returning to school.** If  your child has a temperature of 100°F or higher, this usually indicates an infection of some nature. If this same elevated temperature is discovered at school, we will be contacting you at home/work to ask that you take him/her home.
2. **COLDS/FLU:** Upper respiratory infections are caused by a virus. We recognize that no one feels good when they have a "cold", yet some viruses may last as long as three weeks. Extra rest and plenty of fluids will improve symptoms, and if phlegm or drainage turns green, contact your doctor as this may indicate an infection in need of antibiotics.
3. **HEADACHES:** Students are encouraged to remain in school with headaches. If your child has frequent headaches, keep a log of when the headache occurs, what relieves the headache, and how long they last. Over the counter or prescription medication may be kept in the school office according to district policy for occasional use such as migraine headache relief.
4. **STOMACHACHES:** Students are encouraged to remain in school with stomachaches unless the pain or discomfort is associated with a temperature greater than 100°F, vomiting, diarrhea, or lethargy. If your child vomits or has diarrhea during the school day we will contact you at home/work to ask that you take your child home. **Your child should remain at home until vomiting/diarrhea has stopped for 24 hours without the use of medication.** For elementary age students, stomachaches may occur easily with anxiety or stress and often times a short rest or discussion about the source may relieve the pain so that they may return to class. If your child has a food allergy or is lactose intolerant, please inform the Health Office Staff so that proper information is communicated as to what action must be taken for ingestion of allergic substances. 
5. **INFECTIONS:** Students who are prescribed antibiotics for conditions such as pink eye, strep throat, or impetigo, must complete treatment for 24 hours before returning to school.

### **MEDICATION GUIDELINES:**

Prescription and over the counter medication may be administered to students during the school day on either a routine or as needed basis. In order for medications to be given by district employees, proper consent forms must be completed by the student's health care provider and parent/guardian per board policy 453.4. Consent forms are available in the office. Medication brought to school in baggies or envelopes will NOT be accepted. We cannot send medication to and from school/home with students. Medication will need to be retrieved by a parent/guardian. All medication brought to school will need to be in the original container and labeled with the child's name. The consent form must contain the following information:

- 1) Student's full name and current grade.
- 2) Name of medication and dosage prescribed.
- 3) Time that medication should be administered.
- 4) Physicians name and phone number (prescription medication only)\*.
- 5) Parent/Guardian signature.

Physicians and parents may fax a written order and consent to:

**CEELC** 838-4503    **MPS** 838-4612    **WIS** 838-4613    **IMMS** 838-4588    **MHS** 838-4562