



## Cold & Flu Season is Here!

Deciding when your child is too sick to go to school can be difficult. Please use the guidelines below to help you.

**Your Child Must stay home:** (If your child has these symptoms at home within 24 hours or comes to school with these symptoms, you will be contacted to pick your child up.)

- **Eyes-** thick mucus or pus draining from the eye or pink eye. With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain or redness.
- **Fever-** temperature of 100 degrees Fahrenheit or higher. Remember that a child **must be fever-free for full 24 hours without the aid of fever reducing medication such as: Tylenol; Ibuprofen; or other NSAID before returning to school.**
- **Infection requiring antibiotics-** Sinus Infections; Upper Respiratory Infections; Bronchitis; Strep Throat, Conjunctivitis: **May return to school after a full 24 hours on antibiotics and Fever-Free for 24 hours.**
- **Diarrhea**
- **Vomiting**

**Your Child should stay home:** (While you may decide to send your child, if *necessary* you'll be contacted to pick up)

- **Greenish Nose Discharge, and or Chronic Cough-**should be seen by Health Care Provider. These conditions may be contagious and require treatment.
- **Appearance, Behavior-** unusually tired, pale, lack of appetite, difficult to wake, confused, or irritable.
- **Rash-** body rash especially with fever or itching. Heat rashes and allergic reactions are not contagious.
- **Sore Throat-**especially with fever or swollen glands in the neck.
- **Ear Infections without fever-** do not need to be excluded unless too painful.

*Our goal as always is to keep the students & staff at Sacred Heart School healthy. Please encourage hand washing and coughing into the elbow. Check with your child's physician about the Flu Shot .If your child is sick at school, it may be necessary to pick him/her up from school! **Please keep all emergency contact information updated.***



**Injuries:** When your child is injured at school or at outside activities and required medical treatment, please provide the following information **prior to their return to school:**

- Written Physician Instructions
  - Medications require an Authorization for Medication from Physician
- Release from the Physician to resume to all activities

***Please remember to include [annmariet@sacredheart.org](mailto:annmariet@sacredheart.org) (health room) in your e-mails regarding your child/children.***