



# *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 during the night or in the morning greater than 100 degrees, please keep them home. Their temperature should be below 100 degrees for 24 hours, without the use of fever reducing medications, before sending them 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.

**COVID-19:** Please call and notify the school if your child tests positive for COVID-19, protocols will be discussed.

**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:** If your child exhibits symptoms of conjunctivitis/"pink eye" (bloodshot eye, itchiness, crusty discharge from or around eye), please keep them home and call their physician. If they are treated, they can return to school after 24 hours of 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.

**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 done to confirm if it is strep throat.

#### **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

**Physicals/Immunizations:** Remember to keep the school nurse informed about your child's health, any immunizations that they receive, 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: communicable disease, hospitalization, surgery, prolonged illness (absent for 5 or more school days), or broken bones.

**Medications:** Tylenol, Ibuprofen, cough drops/throat lozenges, Caladryl lotion, antacid tablets, antibiotic ointment, and Benadryl may be given in school with parents' permission and is provided by the school. All other medications (including over-the counter medications) require a doctor's order, parent consent, and the medicine must be provided by the parent.

**Confidential Emergency Information:** All emergency information is kept in the main office and nurse's office. It is extremely important to keep these records up to date. If your contact numbers change, please let the main office know immediately. If an emergency arises, you will be glad you kept the information accurate.

*Please keep close communication with the nurse's office. The nurse is in the school full time and is very willing to help in any way.*

*If you have any questions, please feel free to contact the school nurse at:*

**Jackson School Nurse: 1(508) 699-1321 – Wood School Nurse: 1 (508) 699-1328**