

# FROM YOUR SCHOOL NURSE OFFICE



PLEASE CALL THE SCHOOL  
AND REPORT YOUR CHILD  
ABSENT EACH DAY  
THEY ARE OUT

- Call 603-332-2848
- Report any cough, fever, or sore throat
- For extended absences (5 or more days) a letter from the child's health provider may be requested.

## YOUR CHILD HAS BEEN DISMISSED. WHEN MAY THEY RETURN TO SCHOOL?

The Monarch School of New England has policies in place to decrease the spread of illness from person to person. Some illnesses are highly contagious, some are not.

When should your child stay home?

The American Academy of Pediatrics suggests answering these four quick questions:

1. Does your child have a fever? Fevers of 100.4 F or more are generally a sign of illness, so children should stay home from school.
2. Vomiting or bouts of diarrhea? Stay home.
3. Is your child well enough to engage in class? If ill kids seem too run down to get much out of school, keep them home.
4. Do you think your child has a contagious illness, such as flu or pinkeye? If so, keep them at home until they are no longer infectious.

## GENERAL GUIDELINES TO FOLLOW

- **FEVER:** KEEP YOUR CHILD HOME FOR TEMPERATURES OF 100.4 F OR HIGHER. TEST FOR COVID. YOUR CHILD CAN RETURN TO SCHOOL AFTER 24 HOURS FEVER-FREE WITHOUT THE USE OF TYLENOL OR IBUPROFEN.
- **DIARRHEA** CAN BE THE RESULT OF INFECTION, MEDICATION OR FOOD INTOLERANCE. KEEP KIDS HOME UNTIL IT RESOLVES.
- **VOMITING:** KEEP KIDS HOME IF THEY HAVE VOMITED IN THE LAST 24 HOURS
- **MILD COLD** OR RESPIRATORY SYMPTOMS. PLEASE TEST FOR COVID. IF NEGATIVE, CHILDREN MAY ATTEND SCHOOL IF NASAL DRAINAGE IS CLEAR AND THEIR COUGH IS MILD.
- **SORE THROATS. UGH!** STREP AND COVID ARE SERIOUS POSSIBILITIES. IF DIAGNOSED WITH STREP THROAT, KEEP YOUR CHILD HOME FOR AT LEAST 24 HOURS AFTER STARTING ANTIBIOTICS. IF YOUR CHILD HAS A MILD COLD AND HAS TESTED NEGATIVE FOR STREP AND COVID THEY MAY ATTEND SCHOOL. OFTEN A DAY OF REST CAN BE THE BEST MEDICINE. A SORE THROAT CAN ALSO PREVENT STUDENTS FROM PARTICIPATING FULLY IN THEIR DAY.
- **EYE IRRITATION** MAY OR MAY NOT BE CONTAGIOUS. IRRITANTS (DUST, ALLERGENS, FINGERS, FOOD) MAY CAUSE DISCOMFORT AND REDNESS. **PINKEYE (CONJUNCTIVITIS)** IS CONTAGIOUS, AND CHILDREN SHOULD STAY HOME FROM SCHOOL FOR 24 HOURS AFTER TREATMENT BEGINS. SYMPTOMS OF PINKEYE INCLUDE EYE REDNESS, IRRITATION, SWELLING AND DISCHARGE THAT FORMS A PUS OVERNIGHT. UNSURE? ASK THEIR PROVIDER
- **GENERALIZED RASHES** CAN BE A SIGN OF CONTAGIOUS CONDITIONS LIKE CHICKENPOX, BACTERIAL MENINGITIS OR IMPETIGO. CHILDREN SHOULD BE KEPT HOME UNTIL THEY SEE A PROVIDER. THEY MAY RETURN TO SCHOOL AFTER SYMPTOMS ARE GONE AND THEIR HEALTH PROVIDER PROVIDES DOCUMENTATION TO RETURN.

FOR MORE INFORMATION CONTACT: NOA BOURKE, MSN, MHA RN; DIRECTOR OF NURSING @ 603-332-2848