

## **Health Reasons to Keep Your Child at Home**

**Fever:** Temperature over 100°. Do NOT give medicine at home to bring the fever down and then send to school. If the child has a fever, they may be contagious and need to be kept at home.

- **Your child must be fever free (without fever reducing medication like Tylenol or Ibuprofen) for 24 hours before coming back to school**

**Pink Eye (Conjunctivitis):** What to look for:

- ❖ Redness of the “white part of the eye”
- ❖ Yellow, green or clear discharge from the eye (lashes may be stuck together)
- ❖ Itchy eyes
- ❖ Eyelids may be red or swollen
  - ✓ **The child must be cleared in writing by a US physician in order to return**
  - ✓ Everyone at home should wash hands often with soap and water and avoid touching the eyes

**Diarrhea:** Frequent loose bowel movements (more than 4 episodes per day)

- ❖ **If running fever, student must stay home until fever is gone and bowel movements are “normal” for 24 hours without using diarrhea suppressing medications**
- ❖ Have student drink plenty of fluids and seek medical evaluation for persistent temperature and diarrhea

**Immunizations:**

- ❖ Texas State Law requires certain immunizations for children to have in order to be in school. Notice will be sent home by the nurse to notify parent when shots are due. If the shot(s) are not given on time, the child will be sent home and not allowed to return to school until the shots are received.

**Bad Cough / Cold Symptoms:**

- ❖ Bad cough / cold should be seen by a doctor to make sure there is no flu, bronchitis or pneumonia

**Vomiting:**

- ❖ Any vomiting, especially with a fever or other symptoms.

**Head Lice:**

- ❖ If your student has been diagnosed with live head lice, please see the RN on campus to check the student before they return to class.



### **Sore Throat:**

- ❖ A minor sore throat is not usually a problem. A **severe sore throat** may be Strep even if there is no fever. **Keep the child home from school and contact a doctor to be cleared to be in school. Documentation from a US Physician in writing is needed for clearance.**

### **Rash:**

- ❖ **Children with a skin rash should be seen by a doctor to be cleared to be in school**
- ❖ **Keeping a Student Out of PE:**
  - ❖ If your child is well enough to play before school, after school and at lunch recess, please allow them to attend PE. PE is an important class that helps them perform better in the classroom. This class should not be missed if at all possible
  - ❖ After 3 days, a doctor note will be required to keep a child out of PE
  - ❖ This is an attendance issue, please see the PE coach/teacher/or attendance clerk

### **Medications To Be Given at School**

For prescription medicines and over-the-counter medicines to be given at school, the parent can:

- 1) Come to school and give the medicine to the student at the scheduled time
- 2) Ask that the school nurse give the medicine to the student at the scheduled times

### **If the School Nurse is going to give the medicine to the student:**

- All medicine will be brought to the Nurse's Office and kept in the Nurse's Office
- Prescription and over-the-counter medicines must be in the original container. Prescription medicine must be labeled with:
  - ✓ Student name, Doctor name, Name of Drug, Date prescription filled, Amount of drug and Times drug to be given, Name and Address of Pharmacy (**only submitting a labeled prescription bottle or medication is NOT acceptable nor does it take the place of an actual physician's order**)
  - ✓ All medicines (prescription and over-the-counter) must be ordered in writing by a licensed US medical practitioner. **Medication orders and medication from Mexico or any other country are not allowed.**
  - ✓ A consent form **signed by the parent and the doctor** must be filled out for prescription medicine and over-the-counter medicine to be given. The consent form must list the drug to be given, dosage, and directions for administration
  - ✓ No student may carry prescription or over-the-counter medications on school grounds during school hours. (EXCEPTION: a student may be on an insulin pump, carry an inhaler or Epipen **ONLY IF** the doctor and parent have written consent signed and on file in the Nurse's Office).