

BROCKTON PUBLIC SCHOOLS HEALTH SERVICES



GUIDELINES TO ASSIST YOU TO DECIDE IF YOUR CHILD SHOULD

STAY HOME FROM SCHOOL

Fever of 100 or more - Stay home for 24 hours after fever is gone and encourage fluids.

Vomiting or diarrhea - Stay home 24 hours after last episode and encourage fluids.

Sore throat - Note that strep throat may be present without a fever, and may have symptoms of headache and stomachache.

Runny nose, cough - A day or two of rest, light diet with extra fluids and less dairy products will help resolve a cold, and will be a help in minimizing the spread of cold virus at school. A child who is feeling run down, losing sleep due to their cold, or sneezing and coughing is not going to be able to attend to learning.

Earaches - If these last more than a day or if pain is severe, please see your health provider.

Impetigo or other skin rash - Please have these identified and treated for 24 hours before returning to school. Consult with the school nurse with any questions.

"Pinkeye" or conjunctivitis - A draining, itchy eye that is red must be treated with antibiotic eye medicine before child returns to school.

PREVENTATIVE HEALTH CARE IS MOST IMPORTANT.

Talk to your child about the importance of **hand washing** and encourage it at home and school.

Remember hand washing is the single most important thing we can all do to stay healthy.

Make certain that your child gets the appropriate amount of sleep.

Please feel free to contact the nurse at your child's school and discuss any health issues

If your child is out for five consecutive days or has a communicable disease please provide the nurse with a doctor's note stating they can be in school.