



## Making the Right Call when Your Child is Ill or Injured:

### Consider keeping your child home if he or she:

- Has a temperature of 100.4°F degrees or higher
  - Your child should be fever free for 24-hours **without medications** before returning to school.
- Has been vomiting
- Has signs or symptoms preventing school participation:
  - Excessive tiredness or lack of appetite
  - Productive cough, continual sneezing or a dry persistent cough
  - Body rash or open sore especially with a temperature
  - Headache, body ache, ear ache, or pain/swelling from an injury
  - Sore throat
    - A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset – please check with your pediatrician, if you have questions
- **How to help your child feel better:**
  - Make sure your child gets plenty of rest
  - Limit TV or games to encourage sleep
  - Encourage fluids – mostly water. Some juice, but limit juice and soda to decrease sugar intake
  - Help your child relax by reading stories and providing TLC
  - Consider using a cool clean humidifier (clean daily if portable), if your home is dry
  - Carefully follow directions on all medications (prescribed and over-the-counter)
    - Check with pediatrician for children under age 4 if using over-the-counter medications – some are not safe for this age
  - Teach and Do good hand-washing with plenty of soap and warm water. Proper hand-washing should take about 20 seconds, or the time it takes to sing “Happy Birthday” twice or the “ABC song” once
  - Cover all coughs and sneezes with a tissue or use a sleeve to catch it
  - Keep the child’s environment tobacco and smoke free
  - Serve a balanced diet with lots of fruits and vegetables
  - Once your child is feeling better – clean all surfaces, (remember door knobs, phones, remote controls, toys and keyboards) wash bedding and towels and air out the child’s room and house
  - Contact your pediatrician or the school nurse with questions
    - School Nurses: Susan Windnagel, RN and Ronda Scott, LPN at 383-2000 ext. 4607