

## Whether or Not to Keep Your Student Home

*If any of the following symptoms are met, please keep your child home!*

1. Fever greater than 100.4 or a fever that requires active control with Tylenol or Motrin to keep it down to normal. *Must be fever free for 24 hours before they can return to school.*
2. Child is too sleepy or ill to be able to actively participate in class
3. Significant cough that makes the child uncomfortable or will disrupt the classroom. The staff is unable to give cough medicine or cold medicine.
4. Sore throat that is severe, accompanied with fever or extreme fatigue or diagnosis of strep (please call Health Office if there is a positive throat culture).
5. Strep throat must be medicated with antibiotic for 24 hours before being able to return to school.
6. Red and runny eyes, with discharge unless cleared by physician.
7. Copious green nasal discharge, especially if with accompanied by sinus pain or headache.
8. Severe ear pain or drainage from the ear.
9. Vomiting within the last 24 hours, or the morning of that school day especially if accompanied by fever.

If you send your child to school and have concerns, please let the teacher know and provide them with numbers that you can be reached at, that day should your child becomes more ill and requires to be dismissed early.

Also should you give your student any medication before school, prescribed or over the counter, please let the Health Office know, so we can treat them accordingly.

Nurse Anne

## Notes from Nurse Anne, February 5, 2020

Well it's that time of the year again when germs are being shared. Unfortunately the "flu" has hit both floors of Seton and almost all of the grades have had a case of it.

**It is NOT too late to get your student a Flu shot.**

We also have the usual strep germ floating about and random viruses that cause fevers and some vomiting.

Please read the following information to help you decide whether to take your child to the doctor or send them to school.

### Comparing Flu and Cold Symptoms

<u>FLU</u>	<u>Symptoms</u>	<u>Cold</u>
Sudden	<b>Onset</b>	gradually
High, usually over 100, lasting 3-4 days	<b>Fever</b>	rare or low grade 99.0
Prominent	<b>Headache</b>	occasionally
Often severe, lasting 2 to 3 weeks	<b>Aches/Pain</b>	light to mild
Sometimes	<b>Stuffy, Runny Nose</b>	Common
Sometimes	<b>Sore Throat</b>	Common
Can become severe congestion	<b>Cough</b>	Mild to moderate