

# Nurse's Corner

## Spirit Lake Community Schools

*Spirit Lake School Nurses are committed to promoting the health and well-being of all students so that they may achieve academic success and develop lifelong healthy habits!*

### **Student Sick Day Guidelines**

***Making the right decision: Should I keep my child home or send them to school?***

School Policy requires a child to stay home if he/she:

- Has a fever of 100 degrees or higher
- Has vomited in the last 24 hours (any questions, contact the nurse)
- Has had diarrhea in the last 24 hours (any questions, contact the nurse)
- Has any of the following symptoms that keep them from participating in school:
  - Very tired or lack of appetite
  - Coughing or sneezing frequently (this spreads sickness to others)
  - Headache, body aches, or ear aches
  - Sore throat (a mild sore throat is okay for school but a severe sore throat may be a symptom of strep throat even if a fever is not present. Other signs of strep throat are headaches, stomach aches, or a rash. Please call your healthcare provider if your child has these symptoms as a special test is needed to diagnose strep throat)

24 Hour Rule:

- Fever: Keep your child home from school until fever has been gone for 24 hours (without Tylenol or Ibuprofen). Viruses may be contagious for at least 48 hours. Returning to school too soon may slow recovery and cause others to become ill.
- Vomiting: Keep your child home for 24 hours after their last episode of vomiting.
- Diarrhea: Keep your child home for 24 hours after their last episode of diarrhea.
- Antibiotics: Keep your child home for 24 hours after their 1st dose of antibiotic

Consult your healthcare provider if your child has:

- Redness in the whites of the eyes with yellow discharge or matted lashes may be a sign of pink eye (conjunctivitis) and need a medication to treat before coming back to school
- Skin rash that is blistering, oozing or painful as this may be a sign of a contagious skin infection

***When children come to school sick they pass on their illness ... Please help keep our school healthy by keeping your child home when ill!***

If you have any questions, please contact the school nurses:

Katy Stokke, RN - [kstokke@spirit-lake.k12.ia.us](mailto:kstokke@spirit-lake.k12.ia.us) - 712-336-2822 ext 4830

Greta Gruys, RN - [ggruys@spirit-lake.k12.ia.us](mailto:ggruys@spirit-lake.k12.ia.us) - 712-336-2822 ext 4830