



St. Thomas School Nurse's Notes

Help Prevent the Spread of Communicable Diseases

Should your child be sent home sick from school with either a stomach virus or a fever he/she needs to remain home the following day.

Fever - your child needs to be kept home until their temperature is normal (without fever reducers) for 24 hours before returning to school. A normal temperature is below 99.

Stomach Virus - your child should remain home at least 24 hours after last vomiting or diarrhea.

Conjunctivitis - (pink eye) your child must be kept home for 24 hours after beginning treatment, and must have a MD note of diagnosis to return to school.

Strep Throat - your child must remain home for 24 hours after the first dose of antibiotics and must also be fever free for 24 hours before returning to school.

Cough/cold - If your child has a frequent cough it is best to have him/her rest at home.

Rash or Draining wound - If your child has a rash or draining wound, please keep him/her at home until it is gone or she/he has been evaluated by the doctor and has been given a signed note with a non-communicable diagnosis.

Also, if your child is **not feeling well in the morning**, it usually is best to have him/her rest a for awhile at home and come into school a little later if she/he is feeling better.

Remind your child to wash hands frequently, especially before eating and after bathroom use.

Hand sanitizers are not allowed in school as they are a serious potential hazard due to their alcohol content and would require a doctor's note. Also, they are not effective against viruses.

We appreciate your cooperation and understanding in managing the control of communicable diseases in our school. Keeping you child home when necessary can speed their recovery and will help to protect other students.

Thank you,
Mary Ann Bruno
School Nurse