

NOTES FROM THE NURSE

The following information is provided to inform you of the various policies and procedures in the Little Silver Schools. We hope this information is helpful . Should you have any questions, please contact the Nurses Office at your child's school.

ABSENCE

Please call the school if your child is absent. You may leave a message at any time via voice mail for the nurse in your child's school. Please give the reason for your child's absence. If your child was seen by a physician, please provide a note stating the reason for the absence. If your child is late, please walk your child into the building and sign them in at the main office. If your child has a fever, they must be fever free for 24 hours before they can return to school. If your child is taking an antibiotic, they must be on the antibiotic AT LEAST 24 hours before they may return to school.

MEDICATION

NO medication may be given to your child without a signed order from a physician and signed parental consent. "Medication in School" form is to be filled out and sent to the school nurse. All medication must be brought in to and from school by the parents, not the student. No student should be given medicine to take by him/herself at lunch time, etc., or carried in his/her lunch box. Only the school nurse or the parent is permitted to administer medication to the student.

RECESS

The children go out for recess every day. Please make sure your child is appropriately dressed for outdoor play. In cooler weather, be sure to include a jacket, hat and mittens (or gloves). Sandals are not appropriate for outdoor play and can actually cause injuries; sneakers should be worn instead. Please do not send your child to school if he or she has a slight temperature, a severe cold, or other sign of illness. If your child is recovering from a disease or illness, please do not

let him/her return to school until he or she is able to participate in the regular activities of the school day, including physical education and outdoor recess, If your child is to be excused from physical education or recess, we would appreciate it if you would provide us with a doctor's note with the reason for the excuse and the length of time. If your child comes to school with an ace bandage or splint, they will not be allowed to participate in physical education and recess. A doctor's note must be provided.

****ANY COMMUNICABLE DISEASE SHOULD BE REPORTED TO THE NURSES OFFICE. Examples: Strep, flu, pink eye, impetigo, coxsackie (hand and foot disease), lice**

COLDS

The common cold presents the most frequent problem since it is so readily transmitted to others.

A child with a bad cold (e.g. persistent coughing and/or sneezing, increased or unusual discharge) should remain home even if no fever is present.

FEVER

A fever is a warning sign that all is not right with the body. The best way to check for a fever is with a thermometer. A child with a temperature of 100 degrees or higher should not be sent to school. If your child has a temperature of 100 degrees or higher at school, he or she will be sent home.

VOMITING and DIARRHEA

Children with Vomiting or diarrhea should be kept home. If your child has experienced vomiting or diarrhea during the night, keep the child home.

If your child has diarrhea or vomiting at school, he or she will be sent home.

SORE THROAT

A child with a sore throat accompanied by a fever should be kept home and their physician consulted. If a diagnosis of strep throat has been made, please notify the Health office. If an

antibiotic has been prescribed, the child must be on antibiotics AT LEAST 24 HOURS before returning to school. Please provide a doctor's note upon your child's return to school.

STREP THROAT

If a child is positive for strep throat, please notify the school nurse. Students may return to school once on antibiotics for 24 hours and fever free for 24 hours.

RASHES

A rash may be the first sign of childhood illness, such as chicken pox. A rash or "spots" may cover the entire body or may appear only in one particular area. Do not send your child to school until his or her physician has said it is safe to do so. Please provide a doctor's note upon return to school.

Children with undiagnosed or contagious rashes will be sent home from school.

OPEN SORES

Open sores require special attention. Impetigo is one form of a contagious skin infection that requires medical treatment before a child can attend school. Documentation of medical treatment is required for the child to return to school . If documentation is not provided, the child will be sent home.

COXSACKIEVIRUS (HAND FOOT AND MOUTH)

Common symptoms of coxsackie are fever, sore throat, malaise, ulcers in the mouth and blisters on hands and feet. Students may return to school fever free for 24 hours without fever reducing medication.

HERPES SIMPLEX (Cold Sores)

The student may attend school during an active case if the student has the ability and practices personal hygiene precautions. Young children should be kept home until the lesion(s) have dried.

IMPETIGO

The student may attend school if treatment is verified and lesions are covered and dry. Needs to be on 24 hours of Antibiotic therapy prior to returning to school.

CONJUNCTIVITIS (Pink Eye)

The student may return to school after being on antibiotic therapy for at least 24 hours, and there is no more drainage from the eye.

RINGWORM

The student may attend school if treatment is verified and the area is covered.

HEAD LICE

Procedure for Handling Lice in School

1. A student with head lice or nits is excluded from school until treatment with an anti-lice shampoo has been used, all nits are removed from the hair, and the student is lice free. The parent/guardian will be instructed on the appropriate treatment of head lice.
2. Reentry to school requires that the child be brought back to the school nurse's office after treatment. The child will be readmitted after the school nurse has determined that the child has received adequate treatment and is totally lice/nit free.

Treatment for Head Lice

1. Treatment for head lice should only be considered when active lice or viable eggs are observed.
2. Medicated shampoo to treat lice as per instructions. It is available over the counter at your pharmacy.
3. Louse or nit combs are useful tools in the removal of lice or nits.
4. Hair should be cleaned and combed/brushed well to remove tangles before using louse comb.
5. Divide the hair into sections and work on one section at a time.

6. Be sure to use a bright light for observation.
7. Clean louse comb frequently and remove all lice or nits.
8. Comb the hair daily until no live lice are found for two weeks.
9. A second treatment of medicated shampoo may be necessary about ten days later to rid nits that may hatch after the initial treatment.
10. Lice may become resistant to the medicated shampoo. If this occurs, contact your physician regarding the appropriate treatment.
11. Blow drying the hair may help to kill lice and their eggs.
12. Wash towels, clothes and bed linen in hot water.
13. Brushes, combs and hats should be washed in hot water every day.
14. Additional information is available at the following web site:

<http://www.cdc.gov/lice/head/parents.html>