

MY CHILD IS SICK!!! WHAT SHOULD I DO?

ILLNESSES- Cold and flu season is upon us. Remind children to wash hands often. Please follow these simple rules when deciding whether or not to send your child to school:

- **Diarrhea/Vomiting:** These illnesses make children very uncomfortable, and being near a bathroom is top priority. Keep your child home until they are free of diarrhea and/or vomiting **for a full 24 hours** and are able to eat a regular diet. **There may be a time of year that this extends to 72hrs.**
- **Strep throat:** For ANY illness requiring antibiotics, such as strep throat or bronchitis, your child must have taken **24 full hours of medication BEFORE** returning to school.
- **Runny nose:** This is the way many children respond to pollen, dust, or the change of season. If it is an allergy they can certainly come to school - if it is a common cold and your child is diligent at hand-washing, nose blowing and covering their coughs and sneezes - send them to school.
- **Fever:** This is an important symptom: when it occurs along with a sore throat, earache, nausea, listlessness or a rash, your child may be carrying something very contagious. Most pediatricians advise parents to **keep children home for an additional 24hrs after fever has passed (without medication).**
- **Bad cough/cold symptoms:** This can indicate a severe cold, bronchitis, flu or even pneumonia. Kids can suffer many colds all fall and winter long and the run-of-the-mill cold shouldn't keep them from school unless they are feeling awful. Use your instincts, if your child is not "right", err on the side of caution and check with your pediatrician.
- **Conjunctivitis or pink eye:** Highly contagious and uncomfortable. Take heed when your child complains of an eye or eyes burning, itching and/or producing discharge. Seek medical attention. If antibiotic treatment is required, **a full 24 hours of eye drops/ointment are necessary before your child returns to school.** If the doctor states it is not conjunctivitis, please provide a note from the doctor's office.

If your child is not ill but just "under the weather" please send a note to alert both the nurse and the teacher. Frequent nurse visits can be minimized if both the teacher and nurse are aware of the child's situation early in the day. Also, they must be able to participate fully in the school day. If they are still unable to participate in gym, recess, etc., **they may need an additional day at home with extra TLC to feel "all better"**. When your child returns to school after an absence, please send them with a note for the nurse stating **the specific reason** for their absence so I can track illness. "Sick" or "not feeling well" is difficult to track. You can email it to the main office at trsattendance@acsdny.org if that is more convenient.