



## **Flu Season is Approaching**

**Deciding when a child is too sick to go to school** can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you.

**Go To School** – If your child has any of the following symptoms, they should probably go to school:

- Sniffles, a runny nose and a mild cough without a fever  
(This could be an allergic response to dust, pollen, or seasonal changes.)
- Vague complaints of aches, pains or fatigue
- Single episode of diarrhea or vomiting without any other symptoms

**Stay at home** – If your child has any following symptoms, please keep your child at home, or make appropriate child care arrangements.

- **APPEARANCE, BEHAVIOR** – unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child from school.
- **EYES** – thick mucus or pus draining from the eye or pink eye. With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.
- **FEVER** – temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free for 24 hours before returning to school.
- **GREENISH NOSE DISCHARGE, AND/OR CHRONIC COUGH** – should be seen by a health care provider. These conditions may be contagious and require treatment.
- **SORE THROAT** – especially with fever or swollen glands in the neck. (With Strep throat, the child may return to school after 24 hours on antibiotics.)
- **DIARRHEA** – 3 or more watery stools in a 24 hours period especially if the child acts or looks ill.
- **VOMITING** – vomiting 2 or more times within the past 24 hours.
- **RASH** – body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious.

- EAR INFECTIONS WITHOUT FEVER – do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- LICE, SCABIES – children may not return to school until they have been treated and are free of lice and nits (eggs). Children with scabies can be admitted after treatment.
- CHICKEN POX – children must stay at home for 5 days after the onset of blisters, or until all pox are scabbed over and dry.

**IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP FROM SCHOOL.**

- Bringing a child to school with any of the above symptoms puts other children and staff at risk of getting sick.
- If all parents keep their sick children at home, we will have stronger, healthier and happier children who are ready to learn.
- While we regret any inconvenience this may cause, in the long run this means fewer lost work days and less illness for parents.

Don't Forget to Continue to Wash Hands Frequently and Practice Good Respiratory Etiquette  
Stay Well!

Bellevue Public School Nurses