

## ATTENTION PARENTS

This information is not intended as medical advice for diagnosing illnesses but as simple guidelines for you to follow in deciding whether your child should come to school or not. The Spencer-East Brookfield School District follows a “**No Sick Policy**” which simply means if your child complains or shows any sign of an illness you should keep them home from school. This information is also based on state guidelines for schools, and day care centers whether private or public.

This simple guideline should help you in making that decision:

**Stomachache, vomiting, or diarrhea** – A child with vomiting and or diarrhea should be kept at home until symptoms have resolved for approximately 24 hours and the child is able to keep down food and liquids. Consult your doctor if fever and severe stomach pains persist or your child has poor oral intake and appears dehydrated (dry mouth, no tears, sunken eyes, or urinates less than four times in 24 hours).

**Cold, sore throat, and cough** – A child with flu-like symptoms such as persistent coughing, severe runny nose, teary eyes, fever, and fatigue should not attend school until 24 hours after the fever resolved without using a medication to control the fever such as Motrin, Tylenol, Advil etc. A child should not attend school with a temperature over 99. A sore throat in conjunction with a fever and swollen glands, may indicate a bacterial infection such as strep throat. This would warrant a visit to the doctor for a throat swabbing for diagnosis of strep throat.

Children that are on antibiotics should be on them at least 24 hours before returning to school.

Children may attend school with a mild sore throat and no other symptoms.

**Earaches** – If your child has persistent ear pain you should consult with your doctor to rule out an infection. A child need not miss school for mild ear pain.

**Headaches** – A child should be kept at home if headaches are severe and do not respond to acetaminophen or ibuprofen. Consult your doctor should the headaches persist, particularly if associated with a high fever.

**Toothaches** – A toothache could be an indication of a forming abscess or decay. Please consult with your dentist.

**Red eyes** – When the white part of the eye appears red and produces a yellow or green crusty discharge call your doctor. Your child may have conjunctivitis, a common but troublesome condition that may be a contagious infection. Children may attend school after 24 hours of treatment and once the drainage or itchiness subsides.

**Rash** – A rash is usually the sign of a viral illness. It may also be a reaction to a medication or chemical (plant, detergents, etc.). If your child has an unusual rash or it is associated with a fever, contact your doctor. Keep your child home from school until you have discussed the rash with your doctor.

**Fever** – Your child should not attend school with a temperature **over** 99. Fevers are generally signs of infection. Some viruses can produce high temperatures. Consult with your doctor for the best anti-fever medication for your child, and also if the fever is associated with other symptoms. Your child cannot return to school until the fever is gone for over 24 hours without using medications such as Tylenol, Motrin, Advil etc. Consult with your school nurse with any questions regarding their return to school.

Please call with any questions at any time during school hours

Spencer-East Brookfield Nursing Staff:

Sheree Jolicoeur – Nursing Coordinator – Wire Village School

Lisa Grenier – David Prouty High School

Kate Ahearn – Knox Trail Jr High

Maureen Dalton – Wire Village School

Emily Lowkes-Powers – East Brookfield Elementary School

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