



## **A NOTE FROM YOUR SCHOOL NURSE:**

### **HEALTHY CHILDREN LEARN BETTER**

It seems like there is always something going around when it comes to kids. At this time of year we see an increase in colds, runny noses, respiratory infections and gastrointestinal types of flu illness. Often, children are most contagious with these kinds of illnesses just prior to or at the time symptoms appear. Despite all of our best efforts to teach them ways to prevent the spread of illnesses, children will still sometimes forget to adequately cover their mouths, wipe their noses or wash their hands.

Some children come to their teacher or the health room soon after they arrive at school with a variety of complaints of not feeling well, possibly do to sore throats, rashes, earaches, headaches, stomach aches, nausea and vomiting. Sometimes all they need is to stay home for some rest, fluids and perhaps medication to help with some of these symptoms. It's recommended that children with symptoms such as: **fever over 100F, sore throat, diarrhea, vomiting, rashes, red draining eyes, thick green nasal drainage, frequent or severe coughing**, stay home for at least 24 hours after these symptoms are resolved or a note from their physician is sent to school stating the child is *not contagious* and may return to school.

Children in school who are suspected of having a communicable disease will be sent home to see their health care provider for diagnosis and treatment. After a child is diagnosed with an infection it is important to keep him/her out of school for at least 24 hours after starting any antibiotics to be sure he/she is no longer contagious and because it usually takes about that long for the medicine to work enough for the child to feel well enough to be at school. Should an outbreak of one of the communicable diseases covered under the immunization law occur in school, children without adequate immunizations will be sent home until the outbreak is over.

Having sick children come to school only to be sent home shortly after arrival makes the child uncomfortable, inconveniences the parents and exposes other students and staff who then also become sick. Remember, school secretaries, aides or volunteers trained in basic First Aid see students in our health rooms. There is NOT a NURSE in any of our six school health rooms everyday to assess more complex health conditions.

For now, stay healthy. Take some time to observe your child for any symptoms of the nasty germs out there and provide your child the care they need to adequately recover from them. After all, when children feel well and are healthy, they enjoy school more and learn better.

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