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ELCHO SCHOOL DISTRICT

PO BOX 800 · N11268 Antigo Street · Elcho, Wisconsin 54428
District Office: 715.275.3225 · Student Services: 715.275.3707 · Fax: 715.275.4388

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Dear Parents,

In an effort to promote good health in all children, it's important that you keep your child home from school for an illness or communicable disease. **A child who truly does not feel well enough to participate in class should stay home not only for their sake, but the for the sake of the other students. One of the questions many parents have is when, and when not to, send their child to school.** Below are some general guidelines for you to follow to help make that decision.

Temperature - If your child's temperature is 100.00 degrees or above please do not send him/her to school. They may return to school after they have been without a fever (without the aid of a fever reducing medication) for 24 hours.

Diarrhea - If your child has 3 to 4 loose stools within the previous 24-hour period please do not send him/her to school.

Vomiting - If your child has vomited within a 12 hour period before the bus would pick him/her up for school, please do not send them to school.

Respiratory Illness or Cough - If your child has a persistent cough please do not send him/her to school. You should also contact your child's doctor.

Strep Throat - If your child has Strep Throat he/she may return to school after taking their medication for a 24-hour period.

Earache/Infection - If your child has an earache or an infection and it is accompanied by a fever; please do not send him/her to school. You should also contact your child's doctor.

Sores/Rash - If your child has any un-coverable sores or an undiagnosed rash please do not send your child to school. Your child may return to school with a note from his/her doctor.

Chicken Pox - If your child has Chicken Pox please do not send them to school. He/she can return to school after all blisters have dried and forms scabs, usually about 7 days after the rash appears. Please let school know if your child has Chicken Pox.

Pink-eye - If your child has Pink-eye he/she may return to school after being on medication for a 24-hour period.

Head Lice - If your child has Head Lice he/she may return to school after being treated

You can help your child stay healthy by encouraging frequent and thorough hand washing. Hand washing is the single most important defense against disease. Dirty hands spread bacteria and viruses that cause disease and illness. Teach your child to wash their hands after using the toilet and before eating. Please feel free to contact me or your health care provider if you have any questions.

Sincerely,

Kathy Bowman
School Nurse, RN