

Please help us minimize illnesses at school. **These guidelines can help you to decide whether or not your child should come to school.** If your child becomes ill at school, we will call you to discuss symptoms observed at school and potential need to take him/her home. We also ask that you:

- **Keep the school office updated** with current phone number and contact information
- **Make arrangements** in advance for home care of your child if s/he becomes ill at school

Illness Guidelines: When to Keep Your Child Home

- ✓ Children with **severe cold symptoms** should not attend school.
Severe cold symptoms may include:
 - constant runny nose, especially with abnormal color or consistency (this is especially important if your child is unable to use a tissues by him/herself)
 - nasal or lung/chest congestion
 - coughing that is constant or persistent
 - recurrent sneezing that is not allergy related
- ✓ **Do not send a child to school with an abnormal temperature (such as a fever over 100°F).** Symptoms to watch for might be a flushed face, chills, lethargic, paleness or skin abnormally warm to the touch. One or all of these symptoms might be present. If in doubt at all, please take your child's temperature. Please keep an obviously sick child at home. **A child with a fever needs to stay home for at least 24 hours. Remember, if you reduce your child's fever with medication like Tylenol, your child is STILL ill. Please do not medicate your child and send them to school. Children spread their illness most during the time they have a fever.**
- ✓ **Flu symptoms:** fever over 100° and one or more of the following: body aches, sore throat, cough and headache. Do not send your child back to school until s/he has had no symptoms for at least 24 hours.
- ✓ **Strep throat**, unless your child has been on antibiotics for 24 hours
- ✓ **Vomiting and/or diarrhea** in the past 12 hours
- ✓ **Rash or skin lesions** not diagnosed and being treated by a physician
- ✓ **Contagious diseases**, such as chicken pox or conjunctivitis ("pink eye" until treated for 24 hours)

Please remember: If your child needs to take medication (over-the-counter or prescription) at school, the medicine must be in the original, properly labeled container. All medications require written permission completed by both the parent and physician. Medication administration permission forms are available at the school or on the Adams 50 web site (www.adams50.org) in the "Parent/Student" section, under the "Parent Information" link to "Health Forms".

Thank you for continuing to communicate with the school office and teachers regarding changes in your child's health. It is helpful to know about current illnesses as well as any changes in medication, surgical procedures or other health related issues that can help us to better care for your child during school.

Additional Colorado school illness guidelines and information available at:
www.cdphe.state.co.us/dc/Epidemiology/manual/School_Guidelines.pdf

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