

Some Health Clinic Reminders Nurse Jenni Hanson

When your child gets sick, keeping them home from school can help them recover faster. It also helps prevent the germs from spreading to other children in the school, which is critical to keeping everyone as healthy as possible.

Keep your child home if they have a temperature at or above 100°F. A fever indicates that the body is fighting off infection, which means that your child is vulnerable and likely contagious. **Wait at least 24 hours after the fever has come down and stabilized without medication to consider sending your child back to school.**

Children need to stay home with vomiting and/or diarrhea. Several infections can be spread through vomit and feces. **Wait at least 24 hours after the last episode before returning to school.** Hand washing is especially important to prevent the spread of germs.

A persistent cough is likely to be disruptive in class. It is also one of the primary ways of spreading a viral infection. If your child has a severe sore throat and a lasting cough, keep them home until the cough is nearly gone or easily controlled. They may also require testing by your child's doctor for illnesses such as strep throat, which are highly contagious but easily treated with antibiotics.

If you or child is healthy remember most important way to *STAY* healthy and care for your body during this flu season is good hand washing, getting plenty of sleep, eating healthy foods and drinking plenty of water.

As always, if there are health related questions, please contact Mrs. Hanson at 332-5575 or hansonjennifer@pleasval.k12.ia.us.

Thank you

Jenni Hanson