

ROBERTSON COUNTY SCHOOLS  
DEPARTMENT OF SCHOOL HEALTH SERVICES  
5326 HIGHWAY 76 EAST  
SPRINGFIELD, TN 37172  
(615) 384 - 2491

Dear Parent/Guardian:

Your child is complaining with a \_\_\_\_\_. You don't want your child to miss school, but neither do you want to send a sick child to school and endanger his or her health and other children as well. When should your child stay home from school or see a physician? Please follow the recommendations below:

\_\_\_\_\_ \* **A bad cough** or cold symptoms can indicate a severe cold, bronchitis, flu, or even pneumonia. Some children suffer one cold after another all winter long and a run-of-the-mill cold should not be a reason to miss school. But if your child is not acting "right", has difficulty breathing, is becoming dehydrated, or the cough just won't go away, it could be serious. Check with your pediatrician right away.

\_\_\_\_\_ \* **Diarrhea and vomiting** make children very uncomfortable, and being near a bathroom becomes a top priority. If your child has repeated episodes of diarrhea and vomiting, accompanied by fever, a rash, or general weakness, consult a doctor and keep your child out of school until the illness passes. However, a single episode of diarrhea or even vomiting unaccompanied by any other symptoms may not be reason enough for the child to miss school. BUT...please make sure we know how to reach you or another responsible adult during the day, in case diarrhea and/or vomiting recurs and your child needs to go home.

\_\_\_\_\_ \* **Fever** is an important symptom. When fever occurs along with a sore throat, an earache, nausea, or a rash, your child may be carrying something very contagious. Most pediatricians advise parents to keep children home during the course of a fever 100.5 or higher and for an additional 12-24 hours after the fever has passed.

\_\_\_\_\_ \* **Sore Throat** When a sore throat is accompanied by headache and fever it may be an indication of strep throat and is highly contagious. Some 12 to 48 hours after the onset, a rash may also appear. A child with strep throat should be kept home and treated with antibiotics, as prescribed by a physician. After 24 hours on an antibiotic, a child is usually no longer contagious and may -with doctor's permission- return to school.

\_\_\_\_\_ \* **Possible chicken pox**-a viral disease, is not life-threatening to children, but is very uncomfortable and extremely contagious. Keep your child home for at least a week from the time you first noticed the symptoms and at least two days after the last spot has appeared, whichever period is longer.

\_\_\_\_\_ \* **Possible conjunctivitis or pink eye** is highly contagious and uncomfortable. Symptoms include: eyes burning, itching, and producing a whitish discharge. It is best to keep your child home until your doctor says it's all right to return to school.

\_\_\_\_\_ \* **Ear ache**. Ear infections are also contagious and unless properly treated, can cause permanent hearing damage. Follow the 24-hour rule for fever and antibiotic therapy. (Keep children home during the course of a fever, 100.5 or higher and for an additional 12-24 hours after the fever has passed. After 24 hours on an antibiotic, a child is usually no longer contagious and may-with a doctor's permission-return to school)

\_\_\_\_\_ \* **Rash or skin lesion**. Students with a rash (with or without a fever) or skin lesions (that are weeping or filled with fluid) must provide a doctor's statement that he/she is not contagious before returning to school.

*Healthy Children Learn Better  
Robertson County school nurses are doing their part. Thank you for doing yours.*

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School Nurse

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Phone Number