

Dear Parents/Guardians,

The school health office requests your support in helping us keep all students safe and healthy while at school. It is my hope that this letter adds clarity regarding the circumstances when it is inappropriate to send your student to school. As a community, we are still battling COVID-19 and have officially entered allergy, cold, and flu season. However, it is unnecessary to keep your student out of school for every symptom or illness. Please utilize the below graphic should you question whether or not your student should attend school. It is important to make a conscientious decision and recognize also when your student's symptoms may interfere with their ability to learn, and if so, to keep them home. Please also remember that the health office is able, with signed consent, to administer over-the-counter (OTC) medications (Acetaminophen, Ibuprofen, cough syrup/drops, Benadryl/Claritin/Zyrtec/Allegra) to your student. You are responsible for providing any OTC medication to the health office. Consent forms can be obtained through the health office.

Guidelines for Keeping Sick Children Home from School

Please keep me home if . . .

I have a fever.	I am vomiting.	I have diarrhea.	I have a rash.	I have head lice/nits.	I have an eye infection.	I am congested and/or have thick, constant runny nose	I have a sore throat	I have been diagnosed with strep throat or scarlet fever.	I have been in the hospital.	I'm just not feeling very good.
										
Temperature of 100°F and sore throat, rash, vomiting, diarrhea, crache, or not feeling well.	Two or more times in 24 hours.	Three or more watery stools in 24 hours.	Body rash with itching or fever.	Itchy scalp.	White part of eye is pink and/or pus is draining from the eye.	Uncomfortable stuffed up feeling and/or runny nose.	Sore throat with fever or swollen glands.	Red, sore throat with patches on tonsils, swollen glands, fever and/or rash.	Hospital stay and/or emergency room visit.	Unusually tired and/or pale, lack of appetite, confused and/or cranky.

To return to school I need . . .

To be fever free without the assistance of medication for 24 hours. (i.e. Tylenol, Motrin, Advil)	To be free from vomiting for 24 hours.	To be free from diarrhea for 24 hours.		To be brought to the school nurse by my parent/guardian prior to returning to class.	To have clear eyes that are not draining. To have completed 48 hours of treatment.	To be fever free without the assistance of medication for 24 hours. (i.e. Tylenol, Motrin, Advil)	To be fever free without the assistance of medication for 24 hours. (i.e. Tylenol, Motrin, Advil)	To be fever free without the assistance of medication for 24 hours. To have completed 48 hours of treatment	A copy of the discharge instructions and/or doctor's note permitting me to return to class that includes any special instructions (i.e. modifications to daily program and for what period of time.	To be feeling better and acting like I normally do.
A note from my parent/guardian	A note from my parent/guardian	A note from my parent/guardian	A doctor's note permitting me to return to school		A doctor's note permitting me to return to school	A note from my parent/guardian	A note from my parent/guardian	A doctor's note permitting me to return to school		A note from my parent/guardian

IF I show any of the above signs of illness at school, it will be necessary to pick me up from school.

Please keep ALL emergency contact information up to date.

IF I should become ill or injured at school, the school needs to be able to contact you.

In Health & Wellness,

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