



Léman International School

MEDICAL ADVICE

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

When your child is sick, keep him/her home from school. This not only benefits your child but other children and staff in the classroom at school.

WHAT ARE IMPORTANT SIGNS OF ILLNESS?

Some important signs of illness are:

1. A temperature of more than 100°F orally or underarm
2. Nausea or vomiting
3. Stomachache
4. Diarrhea
5. Pale or flushed face
6. Headache
7. Persistent cough
8. Earache
9. Thick yellowish discharge from nose
10. Sore throat
11. Rash or infection of the skin
12. Red or pink eyes
13. Has yellow or green drainage from eye(s).
14. Seems very tired and needs bed rest (this is common with flu symptoms).
15. Becomes short of breath or has an increase in wheezing during normal activity.
16. Has pain from recent injury.

WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SIGNS?

If your child has any of these symptoms when it is time for school, it is best that he/she stay home. Most childhood illnesses are over soon and no cause for worry. But, if the symptoms are severe or persist for more than 24 hours, you should contact your private source of medical care.

Children sometimes use illness as an excuse to miss school. On the other hand, some children force themselves to go to school even though they are sick. There may be times that your child does not show signs of the above-noted symptoms but may be ill. It is up to you to be alert to your child's health and to decide when it is best to send him/her to school.

WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?

Your child should stay home from school if he/she has a contagious disease to keep from spreading it to. A contagious disease is one that can be spread by close contact with a person or object. Examples are: chickenpox, the flu with vomiting or diarrhea, colds, "runny nose," strep throat, lice and scabies, impetigo and "pinkeye." A disease is most often contagious 24 hours before the child shows signs of illness. It is very hard to prevent the spread of some germs, especially in a school classroom. Good hand washing will help prevent the spread of germs.

Generally, your child may return to school when he/she is free of signs of illness after 24 hours. However, there may be times when it is necessary for your child to see your source of medical care before returning to school. Please check with your physician if any of the following illnesses are present. The student will be allowed to return to the classroom after producing a note from his/her doctor documenting effective treatment of any of the following. The only exception to be made for a doctor's slip is Head Lice.

These may include:

Chickenpox – Students may not return until seven (7) days or longer after the appearance of the first outbreak of vesicle (crusts are contagious). If new vesicles continue to appear, this may mean not returning to school until 24 hours after the last vesicles have made their appearance and a doctor has given clearance (checked for scabbing, in some cases).

Conjunctivitis – (Pink Eye) Students with a bacterial infection may return to school 24 hours after active treatment has been started by a physician. For viral conjunctivitis, a student may return when the eyes are clear.

Erythema Infectiosum – (Fifth Disease) A viral disease with a fever to 102°F. The face shows a "slapped cheek" appearance, and the "lacy" rash follows on the trunk and extremities. Child should not return to school until the rash appears, as at this point it is thought the disease is no longer contagious.

Note: Fifth Disease can be dangerous to the fetus of pregnant women who develop the disease.

Head Lice – Infections with lice and mites are treatable with the following over-the-counter drugs: NIX, RID, or TRIPLE_X. The student must be louse and nit free before a return to the classroom is allowed, and must be checked by school nurse before returning to the classroom. *Note: Nits ½ inch from the scalp are nearly always hatched and do not indicate an active re-infestation.*

Impetigo – This disease is highly contagious and no child will be permitted to return to school until appropriate systemic antibiotic therapy has been started or until they are free of disease. The infected area should be covered if it is oozing. They may return to school 24 hours after appropriate systemic antibiotic therapy has started.

German measles – Students may not return until a clinical recovery of a minimum of six days from the onset of rash.

Mumps – Students may not return until asymptomatic, or released by a physician, with a minimum of nine days of exclusion.

Pinworms – A student diagnosed with pinworms should not return to school until 24 hours after appropriate treatment has started.

Ringworm of Scalp and Body – Ringworm is highly contagious by both direct and indirect contact, and children before the age of puberty are highly susceptible to it. Therefore, any student diagnosed with ringworm will not be allowed to return to school unless a doctor has placed him on an effective therapeutic regimen. The affected areas must be covered.

Strep Throat – the student will be readmitted 48 hours after appropriate treatment has started and 24 hours after the fever has subsided. When your child has been free of fever for 24 hours (without fever-reducing medicine such as Tylenol®), is feeling better, and has no other symptoms, he may return to school. If an antibiotic medicine is prescribed for your child, be sure he has taken the medicine for at least 24 hours before returning to school. Remember - The antibiotic medicine should be taken as prescribed until it is all gone.