

School Wellness

Dear Parents and Guardians,

We are in the middle of cold and flu season. How do you keep yourself well? There are some basic things you can do to help protect yourself and your family from becoming ill.

1. If you have not received a **flu shot**, it is not too late to get one. They are available at the Tuscarawas County Health Department for \$20, or contact your family physician. A flu shot for yourself or your child will help prevent the spread of the disease to all members of your family or friends.
2. Proper **hand washing** is a must! Wash hands thoroughly with warm running water and a mild, preferably liquid soap for at least 15 seconds. Tell children to sing "Row, Row, Row your boat" or "Happy Birthday" so they know how long to wash their hands.

Always wash hands before and after physical contact with any person.

Before and after eating or handling food

After using the restroom

After sneezing or coughing

After using proper respiratory etiquette, always sneeze into a tissue or a handkerchief.

In the event that neither are available, sneeze into your sleeve at the bend of your elbow to prevent germs from entering the room and possibly other persons respiratory tract.

3. **Adequate rest.** Get at least 7-8 hours a night of quality uninterrupted sleep. Germs like you when you are tired and worn out. They move right in!!
4. Make sure your **immunizations are current.** Booster vaccines are necessary to "Wake Up" your immune system to continue to protect your body from diseases.

"How do I know when to keep my child home from school?"

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

Proper attendance is always critical for your child to learn and excel in the classroom.

A student must present a valid medical excuse after the 6th occurrence of the school year.

Absences will be considered unexcused without a medical excuse.

In the event that your child is not feeling well, here are some suggested guidelines you can use to determine if they need to stay home or make appropriate child care arrangements.

Bringing your child to school with any of the following symptoms puts other children and staff at risk of getting sick. If all parents would keep their ill children at home, we would have stronger, healthier and happier children at school. Students are able to learn better when they are well and rested.

ALWAYS check with your health care provider for their guidance and assistance for an illness.

- ❖ **APPERANCE & BEHAVIOR** - unusually tired, pale, lack of appetite, difficult to awaken, confused or irritable.
- ❖ **EYES** - thick mucus or pus draining from the eye or pink eyes, the white part of the eyes are red or ping (conjunctivitis)
- ❖ **FEVER** - a temperature of 100 degrees Fahrenheit or higher especially in the morning. A general rule of thumb, is when your child has been free of a fever for 24 hours, and free of other symptoms, it is time to return to school
- ❖ **GREENISH NASAL DISCHARGE, AND/OR CHRONIC OR ACUTE COUGHS** - Should be seen by a health care provider as these conditions may be contagious and require treatment.
- ❖ **SORE THROAT** - Look in your child's throat. Is it red, tonsils large or coated white? Are there swollen glands in the neck and a fever present, if so, keep student at home and call a Doctor.
- ❖ **DIARRHEA** - 3 or more watery stools in a 24 hour period especially if the child looks or acts ill. Remember proper hand washing after restroom use.
- ❖ **VOMITING** - vomiting 2 or more times within the last 24 hours
- ❖ **RASH** - a body rash, especially with a fever or itching need checked to make sure that they are not contagious. Diaper rashes, heat rashes, and allergic reactions are not contagious.
- ❖ **EAR INFECTIONS WITHOUR A FEVER** - do not need to be excluded, but the child needs to get medial treatment and follow-up. Untreated ear infections can result in possibly the eardrum rupturing and can cause some degree of permanent hearing loss.
- ❖ **LICE/SCABIES** - Students may not return to school until they have been treated and are **free of all lice and all nits (eggs)**. The nurse then should check them in the clinic BEFORE they are admitted back into the classroom. This prevents the spread of the lice and the nits. Please tell your child not to share combs, brushes, hats, bating helmets, scarves or coats with other students. The safest thing is to place your coat in a bag or book bag so your coat does not touch another student's coat.

Regards for a healthy and safe school year,

Mrs. K. Scheetz, RNC, BSN
Indian Valley School Nurse