

# HACKETTSTOWN MIDDLE SCHOOL

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School Nurse

January 24, 2019

Hello Parents and/or Guardians of Hackettstown Middle School Students,

During this time of year, it is imperative to have healthy students attend school, as a child who is sick will not be able to academically benefit nor perform at his/her peak in school and is likely to spread the illness to others. Many parents and guardians will ask, "When is my child sick enough to stay home from school?" As we know, this is not always an easy question to answer and arrangements for child care may prove difficult, especially finding a comforting place for the child to stay while they are ill.

It is our hope that the following tips, along with the reference on the back of this notice, will be helpful when making the decision if your child is sick enough to stay home from school. Please consider and keep your child home if he/she has or had...

- a **fever**, **been vomiting**, or **diarrhea** within the last 24 hours,
- **chills** or **sore throat**,
- **strep throat** (must have taken an antibiotic for at least 24 hours before returning to school),
- **bad cold**, with a **runny nose** or **bad cough** especially if it has kept your child awake at night, or
- **head lice**, until your child has been treated according to the nurse or doctor's instruction.

If your child becomes ill at school and the school nurse feels your child is too sick to benefit from school or is contagious to others, you will be called to come and take him/her home from school. Follow-up directions will be provided by the school nurse upon your arrival to pick up your child, including if or when your child should return to school.

It is essential that the school has a phone number where you can be contacted during the day and an emergency number in event that you cannot be reached. If your contact numbers have changed, please update your information utilizing the Realtime parent portal. If you do not have internet access or your login information, please contact the main office.

Please assist in our efforts for providing a healthy environment, as we will continue to serve the best interests of our school community. Do not hesitate to contact me if you have any questions, comments, or concerns.

Sincerely,

Sheena H. Delgaizo

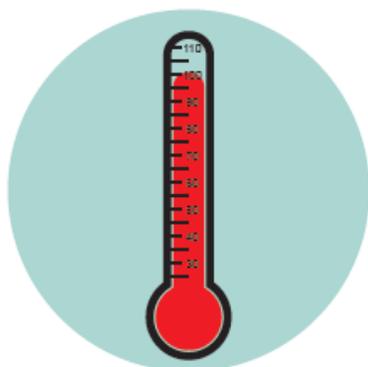


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# TOO SICK FOR SCHOOL?

## Tips from HMS's School Nurse

Below are some guidelines to help you make the decision about when to keep your child home from school. These recommendations were developed to help prevent the spread of potentially contagious disease. Remember home is the best place for a child who is ill. If your child is sick with a diagnosed communicable disease, please notify the school as soon as possible. This notification will greatly assist others who, due to medical reasons and/or treatments, have weakened immune systems and may require immediate and specialized care.



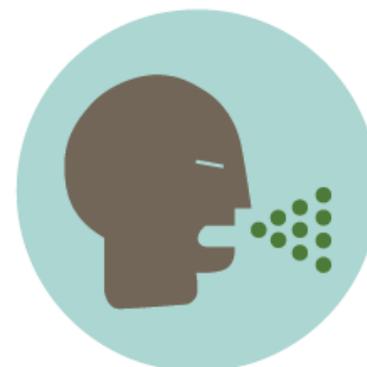
### FEVER

With fever greater than 100.5° F; student may return when fever-free for **24 hours** (WITHOUT use of fever-reducing medicine)



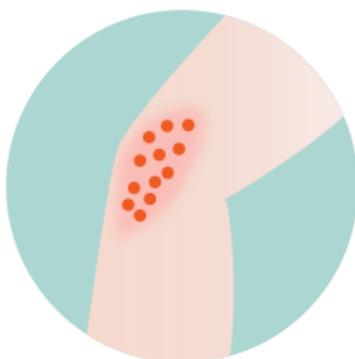
### VOMITING/DIARRHEA

Any unexplained vomiting episode. May return **24 hours** after last episode. Diarrhea = three or more unexplained episodes of watery or loose stools in 24 hours OR sudden onset of loose stools. May return **24 hours** after last episode.



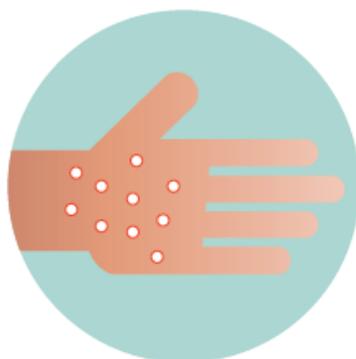
### COUGH

Serious, sustained coughing, shortness of breath, or difficulty breathing.



### RASH

Any new rash accompanied by a fever. May return after rash goes away or clearance given by a health care provider.



### SKIN LESIONS/SORES

Drainage from a sore that cannot be contained within a bandage OR sores are increasing in size OR new sores are developing day-to-day.



### OTHER

Symptoms that prevent the student from active participation in usual school activities OR student is requiring more care than school can safely provide.