

## Notes from the Nurses - Frequently Asked Questions

We hope everyone is staying healthy as we wind down the winter season and anxiously await the arrival of spring! We wanted to share a few of our frequently asked questions for everyone. Here are a few of the things that are important to remember about health and school:

1. **When can my child return to school after a fever?** In our district, a temperature over 100.0 degrees is considered a fever. Your child may return to school after they have had a temperature below 100.0 degrees for at least 24 hours without medication- Acetaminophen (Tylenol) or Ibuprofen (Motrin, Advil). If your child gets sent home during a school day for a temperature above 100.0, they may not return to school the next day.
2. **When can my child return to school after throwing up?** Your child may return to school if they have not thrown up again for at least 24 hours. If your child throws up the night before school, **DO NOT** send them to school the next morning. If your child gets sent home during the school day for throwing up, **DO NOT** send them to school the next day. Your child can throw up from a stomach virus without having a fever.
3. **When can my child return to school after having pink eye?** Your child may return to school after they have been seen by your healthcare provider and have been on medication for at least 24 hours. Pink eye is extremely contagious if not properly treated. Red, bloodshot eyes, eye discharge/crusting/yellow “eye boogers” are tell tale signs of pink eye.
4. **When can my child come back to school if they have had head lice?** If your child has had live head lice, they may return to school only after they have been treated with lice killing shampoo and all live lice are gone. Your child may be in school if they only have nits (lice eggs) remaining attached to the hair, but it is very important to remove all nits (lice eggs) as soon as possible to avoid new live lice from hatching. Your child’s head will be checked upon returning to school to ensure no live lice are present. If you have any questions on how to properly treat for head lice, please call your school nurse or your healthcare provider.
5. **What type of illnesses should I report to my school nurse?** We ask that you please let us know if your child has had any communicable diseases - an infectious disease transmitted by direct contact with an affected individual or the individual's discharges or by indirect means. These can be, but are not limited to, the flu, chicken pox, hand foot and mouth disease, pink eye, impetigo, head lice.

As always, we are here to answer any questions you may have concerning your child’s health and school district policies. Hopefully, the weather will break soon and we will be on our way to warmer days!

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