

Dear Parents/Guardians,

Welcome back to the 2018-19 school year! I hope you had a restful and relaxing summer! I am looking forward to an exciting school year. Just a few reminders as we begin the school year.

WHEN SHOULD I KEEP MY CHILD HOME?

Sometimes it is hard to tell if your child needs to stay home or if they can be safely sent to school. Below are some tips to help you make the best decision for your child.

- A temperature taken orally, that is 100.4 degrees Fahrenheit or higher, is considered a fever and the child needs to stay home from school until fever free for 24 hours without the use of fever reducing medications.

- Any time a child vomits or has diarrhea, they need to be kept home away from other children for 24 hours. If your child suffers from these symptoms at night, keep him/her home from school the following day.

- A runny nose by itself is not necessarily cause to keep your child home from school. Consider the color of the drainage. Clear drainage is usually associated with allergies or may be the start of a viral infection. If the drainage is yellow or green, it may be a bacterial infection. If the runny nose is associated with a sore throat, nausea or unusual fatigue keep your child home and contact your pediatrician. Severe coughs should be evaluated by a healthcare practitioner to rule out Pertussis “whooping cough”.

- If your child develops a rash of unknown origin, it must be considered contagious. Please have your child examined by your pediatrician to determine the communicability before sending him/her to school. The child may not return to school unless there is a letter from the medical professional stating that the rash is not communicable or unless the rash is no longer present.

- Conjunctivitis (pink eye)—Symptoms may include: watery, reddened, swollen eye, yellow to clear discharge, eyelids may stick together in the morning and/or complaints of burning or itchy eye. Conjunctivitis can be bacterial, viral or allergic. Bacterial or viral conjunctivitis is highly contagious. If you suspect conjunctivitis, check with your doctor regarding treatment. Your child may return to school if diagnosed with bacterial conjunctivitis after being treated for 24 hours. (usually with eye drops) Please remind your child to wash their hands frequently and keep hands away from their eyes.

- This email blast also contains Head Lice Prevention Information, please review and feel free to contact me with any questions.

If any of these signs of illness are exhibited at school it will be necessary for me to contact you to pick up your child. Please make sure that all emergency contact information is updated and correct in the event I need to contact you.

I am looking forward to working your child and family, if you have any questions please contact me at (908) 709-6246 or via email at oharapau@cranfordschools.org.

Sincerely,
Nurse O'Hara
School Nurse