



## FROM THE SCHOOL NURSE

Through the school year there may be times when your child is a little under the weather and you are uncertain if you should send your child to school. Below are some general guidelines to help you decide if your child should go to school or stay at home when ill.

**Fever:** If your child has a fever of 100.4 degrees or more he/she will be sent home from school. We ask that your child be free of fever 24 hours without medication before returning to school.

**Bad cough/cold symptoms:** A cough could be something serious and your child will need to see a doctor before returning to school. A mild cough and nasal congestion is OK for school. If your child's cough is disruptive to class or they are lethargic and not participating in class due to these symptoms we ask you keep them at home until they are well.

**Diarrhea or vomiting:** Your child should stay home for 24 hours after the last episode of vomiting/diarrhea without medication. If your child has an episode of vomiting or diarrhea in the night and wakes in the morning feeling better they should still remain at home due to the 24 hour policy to ensure they are well and not exposing other students.

**Severe sore throat:** With the presence of fever or with other symptoms, the child needs to see a doctor. A minor sore throat is OK for school.

**Head Lice:** There tends to be an increase of head lice in school age children during the winter months. FPS policy is that all children found with live lice have to be sent home. If your child has head lice begin treatment as soon as possible. Lice shampoos do not remove the eggs or nits from the hair. The eggs must be combed out and removed by hand. Everyone in the household should be checked and treated if found. Make sure to wash items such as towels, sheets, and pillowcases your child has had contact with hot soapy water and dry on hot heat for 30 minutes. Continue to check and treat everyone and the home for 3-4 weeks to avoid getting head lice again. Please remind your children not to share coats, hats, scarves, headbands, hair ties and brushes.

**Pink eye (conjunctivitis):** If your child wakes up with an eye that is matted, red, and itchy, please do not send him/her to school until a doctor has evaluated the eye. Conjunctivitis is highly contagious, especially at the elementary level.

**Rashes:** If your child has a rash of unknown origin, especially with any pustules, please do not send him/her to school until a physician has evaluated the rash.

The Owl Creek School health clinic is available for sick and well child check-ups for any Fayetteville Public School student. They accept the uninsured, ARKids, Medicaid, and all private insurance. To make an appointment for medical follow up call (479)-718-0285.

It is very important to make sure the EMERGENCY CONTACT Card you filled out at the beginning of the year is up to date. You can do this by calling or coming by the front office. The nursing office hours are from 7:30am-3:00pm. The best way to reach me is by email or by phone. My email is [amanda.patrick@fayar.net](mailto:amanda.patrick@fayar.net) and my direct line at school is (479) 445-1034. Please feel free to contact me if you have any questions or concerns about your child's health.

Sincerely,

Amanda Patrick, R.N, B.S.N.