

**PENNSBURY SCHOOL DISTRICT  
FALLSINGTON, PA.**

**IMPORTANT MESSAGE FROM THE SCHOOL NURSE**

Dear Parent/Guardian:

**Reminder: Symptoms that indicate your child should stay home from school.**

During the cold and flu season, you are faced with the decision of whether or not your child is well enough to attend school. If your child does come to school sick, the school nurse will most likely send him/her/them home. This will cause more disruption to your day and will spread unwanted disease to other students and faculty.

Here are the guidelines for you to follow. If your child does experience any of these symptoms the evening before school, please keep your child home until the symptoms are completely resolved or until he/she/they has been seen by a Physician and has a note clearing him/her/they to return to school.

- **Temperature of 100.4 degrees or higher:** The student needs to be fever free without the use of fever reducing medications such as Acetaminophen or Ibuprofen, for at least 24 hours before returning to school.
- **Vomiting or Diarrhea:** Please do not send your child even if these symptoms occurred the evening before and the student is starting to feel better. He/she/they may still be contagious and may be weak for at least a day.
- **Thick or green nasal discharge:** This could be an indication of an infection and your child needs to be treated by a Physician.
- **Red, itchy eye with a crusty/yellow discharge:** This could be conjunctivitis (pink eye), which is contagious and needs to be treated by your Physician.
- **Sore throat with spots:** This could be Strep Throat and will need to be treated by your Physician.
- **Unknown rashes:** Any rash that has not been seen and diagnosed by a Physician.
- **Please notify the Health Office of any contagious illness your child is diagnosed with and obtain a note from the Physician for your child to return to school.**

If your child has Chicken Pox, he/she/they is able to return to school when all the vesicles are crusted over. This usually occurs about 7 days after the start of the outbreak. You must bring your child to the Health Office before the school day begins to be cleared to return to class. Please note that your child may still have the disease even if he/she/they received the vaccine. The disease can be present and a child can be contagious even if there are less than 20 vesicles on their body. Contact your Physician with any questionable vesicles.

If you discover that your child had head lice, please notify the Health Office as soon as possible. You can treat your child with any over-the-counter treatment, but your child needs to be free of lice in order to

return to class. Your child will be allowed to return to school with nits (eggs) only. You need to bring your child to the Health Office prior to the start of the school day with proof of lice treatment. Students are not permitted on the school bus until seen by the Nurse.

**Reminder: What to do if your child has an injury?**

**For a minor injury not requiring a Physician's care:** Please send a written note to the Health Office. You must give written permission for your child to be excused from gym class for one week (Elementary) and three days (Secondary level). A student may not participate in gym class with a splint, sling, brace, ace bandage, or cast, unless cleared by a Physician.

**For a more serious injury requiring a Physician's care or to be excused from gym for more than three days:** You must obtain a Physician's note stating the exact restrictions your child has, and how long your child is excused from gym class. You must bring your child to the Health Office if crutches are ordered with a Doctor's note allowing the student to use crutches. Students are not permitted to use the stairs while on crutches. This may pose a risk to the injured party as well as to other students.

**Reminder: If your child requires medication during the school day.**

- All medication must be sent to the Health Office in the original prescription container.
- All controlled substances must be delivered to the Nurse by a parent/guardian or adult designee.
- A Physician's order is required for ANY medication other than those listed on the Emergency card. This applies to both prescription and over-the-counter medications.
- A parent permission form must be completed for each medication.
- Students are not permitted to carry or self administer medication on the bus or during school hours.

If you have any questions or concerns, please call the Health Office.

Thank you for your time and consideration.

Sincerely,

Certified School Nurse