



HEALTH AND MEDICINE

Illness is a normal part of growing up, especially when children begin preschool and spend more time around others. It is common for young children to get sick from time to time, and this should not cause too much worry. However, with a few sensible precautions, many unnecessary illnesses can be avoided.

During seasonal changes, especially in autumn and spring, children are more likely to catch colds due to fluctuations in temperature. Parents are encouraged to ensure their child is dressed appropriately, stays warm, and receives proper daily care. Paying attention to these details can help keep your child healthy and reduce unnecessary concerns for the family.

SIGNS OF ILLNESS

Signs of illness in young children may not always be obvious. Your child may simply seem different from usual, such as looking unusually pale, becoming more irritable, appearing very tired, or showing less interest in activities.

To help protect all children, please do not send your child to school if they have any of the following symptoms: fever, rash, coughing, diarrhea, vomiting, or noticeable discharge from the nose or eyes.

SICKNESS GUIDELINES

To help keep all children healthy, students must be free of symptoms for at least **24 hours** before returning to school.

Children with a temperature of **100.6°F (38.1°C) or higher** must stay home or will be sent home from school. Parents should carefully monitor their child's temperature to prevent more serious illness.

When to Keep Your Child at Home

Fever

If your child has a fever of 100.6°F (38.1°C) or higher, they must be fever-free for at least 24 hours before returning to school.

Conjunctivitis (Pink Eye)

Symptoms include red eyes, burning feeling, and yellow discharge. Children with these symptoms should stay home.

Rashes

If your child has a rash that has not been checked by a doctor, please keep them at home.

Bronchitis / Pneumonia

Symptoms may include cough, hoarse voice, and slight fever. Children with these symptoms should stay home.

Impetigo

A skin infection with red spots that may become fluid filled. Children should stay home.

Hand, Foot, and Mouth Disease

Symptoms include fever, mouth sores, and rash. Children should stay home.

Diarrhea

If your child has frequent or unusual watery bowel movements, they should stay home. The school may call parents after two episodes.

Common Contagious Illnesses

Measles

Symptoms: fever, runny nose, cough, rash

Children should stay home. This illness can spread easily before and after the rash appears.

German Measles (Rubella)

Similar symptoms to measles. Children should stay home.

Chickenpox

Symptoms: mild fever and rash

Children should stay home until it is no longer contagious.

Mumps

Symptoms: fever and swelling of glands near the jaw

Children should stay home.

Other Conditions

Poison Oak / Poison Ivy Reaction

Causes itchy rash with bumps or blisters after contact with plants.

Head Lice

Small insects on the scalp. Children should stay home until they are treated. Lice spread easily through close contact.

Important Reminder

Keeping your child at home when they are sick helps protect other children and staff. We appreciate your cooperation and care.



HYGIENE

Good hygiene habits help keep children healthy and comfortable.

Parents are encouraged to trim their child's fingernails regularly (about every five days) to keep them clean and prevent scratches. Please also check your child's ears and clean them gently as needed.

It is recommended that your child takes a bath or shower each day after returning home from school. Clean clothing should be provided daily.

If your child brings a blanket to school, please wash it at least once a week to maintain cleanliness.

MEDICATION & ANTIBIOTICS

State law requires that all medication be in the original prescription container with clear written instructions. Parents must provide a signed release form giving staff permission to administer the medication. Medication must be delivered to the classroom teacher by an adult, not the child. Release forms, including a nebulizer administration form, are available on our website.

Antibiotics must be taken for **at least 24 hours** before your child can return to school. After 24 hours of taking antibiotics, many illnesses are no longer contagious. Please confirm this with your child's physician and share the information with the school staff.

Any **newly prescribed medication** that your child has not taken before should also be administered for **24 hours at home** before returning to school.



DRESS WELL AND EAT HEALTHY

Dressing for the Season

In winter, children should wear layers to stay warm and comfortable. Start with a thin base layer, such as a long-sleeved shirt and thin tights. Add a mid-layer like a sweater and finish with a warm jacket or coat. Children often become warm while playing and may remove their jackets—having two layers underneath helps protect them from chills.

In spring, as the weather warms, switch to lighter clothing, but continue to layer so your child can adjust easily to changing temperatures.