



Luzerne Intermediate Unit

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When to Keep Your Child Home

We as school nurses, want to prevent the spread of colds and flu in our school children by asking you to read the following and do your part to help us.

When your child presents with any one of the following symptoms during the night or in the morning, your child should be kept home: **Fever, Vomiting, Coughing, Sneezing and Colds, Diarrhea, Headache, Pains and Aches, Rash or Skin Eruptions Anywhere on the Body.**

The above symptoms are forerunners of many different diseases. If the ailment is a minor one, a day or two of rest at home will usually eliminate the symptoms. If the ailment is more serious, resting at home at the onset will help prevent complications. In any event, keep your sick child home for his or her sake, and write a note of explanation to the teacher when he or she returns. **Your child should be fever free and symptom free for 24 hours without the use of any medication.** The number of ill students who are sent home from school is surprisingly high. Please Do Not send your sick child to school.

Encourage your child to practice good health habits by covering his or her mouth with a tissue when coughing or sneezing.

A cough that lasts more than a few days or a continuous nasal discharge should be checked by your doctor because it can lead to more serious problems.

Kindly follow these directions, particularly since many of our students travel such long distances to school.

Thanks you for your cooperation. Please feel free to contact me at _____.

Sincerely,

Certified School Nurse