



HEALTH SERVICES
Douglas County School District, Re. 1

Illness Information
LETTER FOR PARENTS

Date: 9/15/09

The following are suggestions that will aid in helping to maintain a healthy school environment, keep children well, and stop the spread of illness.

Parents should be aware of the early signs and symptoms of illness such as:

- Decreased activity – droopy, tired appearance
- Irritable behavior – sleepy
- Sore throat / swollen glands
- Runny nose / cough
- Skin eruptions / rashes
- Nausea / vomiting / diarrhea
- Abdominal pain
- Fever (100° or higher is considered a fever in Douglas County Schools)

Parents can help:

- Check students health before they leave home
- Keep students home when they have signs / symptoms of illness
- Be sure your student knows where you are
- Give school office current emergency contact information
- Make arrangements with relatives / friends to take care of sick children if unable to do so yourself
- Children who are treated with antibiotics need to be on the medication for a full 24 hours before returning to school.
- Students with fever, or vomiting need to be free of symptoms for a full 24 hours before returning to school.
- Students with diarrhea need to be free of symptoms for a full 48 hours before returning to school.

Please contact the school if your child comes down with a contagious illness such as Strep. throat; Chicken Pox; etc.

Thanks for your help in providing a safe and healthy school environment.

Sincerely,

Stacey Barlow, RN
School Nurse Consultant