



## PARENT HANDOUT FOR DIARRHEA



When a student is observed/reports an incident of loose watery stool or frequent soft unformed stool with or without fever during school hours or school sponsored activities the student will need to be picked up by a parent/guardian.

Diarrhea is not a disease, but is a symptom of a number of illnesses and infections. This poses a risk to other students and staff. Younger students with diarrhea can easily become dehydrated.

### **Additional Signs and Symptoms:**

- Abdominal pain, cramping
- Dehydration
- Tiredness
- May include fever
- May include nausea and vomiting

### **Diarrhea Treatment Recommendations:**

Take the student's temperature.

Provide adequate hydration in the form of clear liquids. Avoid carbonated beverages

Contact your health care provider for further evaluation.

### **Exclusion Criteria:**

Students with diarrhea will be excluded from school. The student shall remain out of school for at least 24 hours after diarrhea ends, and for a minimum of one full school day.

### **Readmission Criteria:**

Upon return to school, the student shall report to the Health Room for follow up before returning to class.



## PARENT HANDOUT FOR VOMITING



Vomiting can have many causes, including infectious disease, head injury, heat exhaustion, or overexertion. Vomiting is a symptom of an underlying condition or illness and may require healthcare provider evaluation.

### Sign and Symptoms:

- Abdominal pain, cramping
- Dehydration
- Tiredness
- May include fever
- May include diarrhea

### Treatment Recommendations:

Provide adequate hydration in the form of clear liquids, if tolerated. Avoid carbonated beverages.

Contact your healthcare provider.

### Exclusion Criteria:

If student has multiple episodes of vomiting, or vomiting is accompanied by fever or diarrhea, the student will remain out of school for at least 24 hours after symptoms end, and for a minimum of one full school day.

### Readmission Criteria:

Upon return to school the student shall report to the Health Room for follow up before returning to class.



## PARENT HANDOUT FOR FEVER



Fever is an abnormal elevation in body temperature (Normal range: 97.6 to 99.6°F). The child may have a flushed appearance, complain about feeling warm or chilled. Fever is a symptom of an underlying condition and may require evaluation by a healthcare provider.

### Signs and Symptoms:

- Complaining about feeling warm or cold, shivering
- Headache or complaining about body aches
- Tiredness
- Poor Appetite

### Treatment Recommendations:

Contact your healthcare provider for further evaluation.

Monitor student's temperature.

### Exclusion Criteria:

Student must be sent home if the temperature is **100°F or higher** during school hours or school sponsored activities.

### Readmission Criteria:

Student may return to school when fever-free for at least 24 hours without fever-reducing medications, and for a minimum of one full school day. Upon return to school, the student shall report to the Health Room for follow up.



## PARENT HANDOUT FOR RASHES/SKIN CONDITIONS



Any change in skin color, appearance or texture. May affect different parts of the body and cause skin to change in color, itch, be warm, bumpy, chapped, blistered, swollen, and may be painful. Consider rashes to be contagious until diagnosed by a licensed health care provider. If the rash is accompanied by other signs and symptoms of illness (e.g., fever, nausea, vomiting, diarrhea), parents are advised to seek immediate medical care and diagnosis of the condition.

### Signs and Symptoms:

- Small fluid filled blisters or sores
- Red spots large or small, flat or raised
- Other skin irritations
- Itching, swelling and pain where rash is located
- May include other symptoms such as fever, nausea, vomiting or diarrhea

### Treatment Recommendations:

Contact your healthcare provider for further evaluation.

### Exclusion Criteria:

Students will be excluded from school or from school sponsored activities for all unidentified rashes. Rash is considered to be contagious until diagnosed by a health care provider.

### Readmission Criteria:

Note in writing from licensed health care provider indicating a noncontagious reason for rash.

When found to be contagious, then a note from a provider stating when student can return to school.

Upon return to school, the student shall report to the Health Room for follow up before reporting back to class.



## PARENT HANDOUT FOR EYE INFECTIONS



When a student is observed/reports redness of the whites of eyes, discharge of pus or pus-like substance, redness or swelling of eyelids, itching, rubbing of eyes, or crusted lids.

Eye infections can spread easily by contact with contaminated surfaces, linens, towels and skin to skin contact. Eye infections can be viral or bacterial.

### Signs and Symptoms:

- Pain in the eye, including redness and swelling, eye irritation and itching
- Discharge from eye pus or pus-like, may appear crust like
- Sensitive to light

### Eye Infection Treatment Recommendations:

Contact your healthcare provider for further evaluation.

Monitor for non-eye related symptoms. Fever, skin rash, runny nose, cough and congestion.

### Exclusion Criteria:

Student will be excluded from school and school sponsored activities.

### Readmission Criteria:

A licensed health care provider has seen the child and provides a note indicating a noncontagious eye ailment, or if deemed contagious, the student has received 24 hours of treatment before return to school is permitted.

Signs and symptoms have resolved.

Upon return to school, the student shall report to the Health Room for follow up.