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# Sick Child Brochure

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The information offered in this brochure is to improve the general health of all members of our school community, and is not intended to replace professional medical advice.

We understand that when your child feels unwell, it is at times difficult to know whether your child should stay home or go to school. This handout attempts to guide you in those uncertain times.

The school nurse on duty from 8:00 am to 4:30 pm, as well as during athletic home games and tournaments.

We are here to support your child's health and well-being, should you have any questions or concerns please visit us, or contact us by phone or email.

It is our pleasure to serve you and your family.

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Health Office details

**Location:** Room B175

**Phone:** 8371 0900 ext. 319

**Email:** nurse@tiseagles.com



## **Fever**

A fever is a warning that something is not right with the body. Your child needs to stay inside, rest and drink a lot of water.

The best way to check for fever is with a thermometer, which every home should have. No child with a temperature at or above 37.7°C (100°F) should be sent to school.

When no thermometer is available, check the child's forehead with the back of your hand. If it is hot, keep the child home until the temperature can be checked with a thermometer.

Do not allow your child to return to school until he/she has been free of fever for 24 hours.

## **Pain**

If your child complains of a sore throat and has no other symptoms, he may go to school. If white spots can be seen in the back of the throat or if fever is present, keep him or her home and call your doctor.

*Toothache:* Contact your dentist.

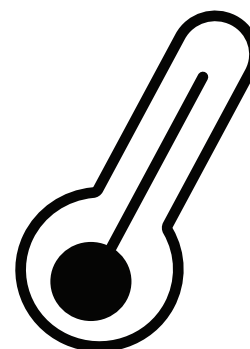
*Earache:* Consult your physician. If the child has no fever, he or she is allowed to go to school.

*Headache:* A child whose only complaint is headache may come to school unless it prevents the child from focusing in class.

## **Cold – Sore throat – Cough**

The common cold presents the most frequent problems to parents. A child with a "mild" cold but otherwise feeling well may go to school.

A child with a "heavy" cold and a deep or hacking cough should rest at home even though he or she has no fever.



**Rash**

A rash may be the first sign of one of many illnesses, such as measles or chicken pox. A rash or "spots" may cover the entire body or appear in one area only. Do not send a child with a rash to school until your doctor has said it is safe to do so.

Heat rashes and allergic reactions are not contagious, so your child may attend school.

**Stomachache – Vomiting – Diarrhea**

Consult your doctor if your child has stomachache which is persistent or severe enough to limit his or her activity.

If vomiting occurs, keep your child home until he or she can keep food down for at least 24 hours.

A child with diarrhea (watery stool more than 3 times in 24 hours) should be kept home.

Call your doctor if your child's condition doesn't improve.

**Absence**

If your child is absent due to illness, please provide further details to the divisional secretary or teacher. This helps us to get an idea of contagious diseases going around in the school community.

**Immunizations**

Has your child been protected against contagious diseases? As a parent, it is your responsibility to keep accurate records of your child's immunizations.

More information about immunizations and immunization schedules can be obtained from the school nurse. Please provide a copy of any new immunizations your child receives to the Health Office.

**Medication**

If your child needs medication during the school day (regularly, temporary or as needed), please submit a Medication Administration Permission form, which is available from the Admissions and Health offices.

Please send the medication and the signed form with your child to school.

*When in doubt it is always best to seek the advice from your family's physician who can provide the most appropriate care for your child.*