

## PAIN



**HEADACHE** – A child with a headache may be sent to school if he/she has no other symptoms and the pain is not persistent. If it continues for 24 hours or gets worse, consult your doctor.

**EARACHE/DRAINING EAR** – Your child should be seen by the doctor without delay.

**TOOTHACHE** – Contact your dentist right away.

**SEIZURE** – If you child has seizures:



Consult your doctor if your child is having more than the usual number of seizures or if they change in character or length.

*Children are known to have been kept home from school for reasons other than illness. Unnecessary absence from school may affect your child's educational progress. However, children have also been sent to school when they are too ill to function in class.*

### **REMEMBER:**

SICK CHILDREN BELONG AT HOME.

WELL CHILDREN BELONG AT SCHOOL.

**Parents/guardian will be called to pick-up their student from the Health Room for the following reasons:**

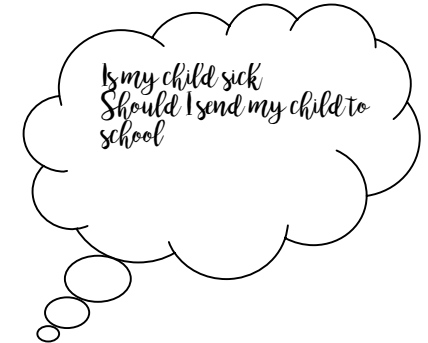
1. Fever over 100°
2. Persistent cough, headache, stomachache, crying due to discomfort, unusual behavior.
3. Vomiting or diarrhea
4. Serious accident, injury, allergic reaction
5. Bathroom accident with no change of clothes
6. Ukus (head lice)
7. Conjunctivitis (itchy, red eyes)

**Please keep phone numbers up to date.**

The school Health Aide will be happy to answer any questions you may have. Call 595-5400, ext. 229.

# HEALTHY STUDENTS

## HEALTHY SCHOOLS



THE INFORMATION IN THIS PAMPHLET PROVIDES GUIDELINES FOR PARENTS AND SCHOOL STAFF AS WE WORK TOGETHER TO CREATE A HEALTHY ENVIRONMENT FOR OUR STUDENTS

*YOUR CHILD SHOULD BE KEPT HOME FROM SCHOOL IF HE/SHE HAS ANY ONE OR MORE OF THE FOLLOWING CONDITIONS:*

**COLD**  
**SORE THROAT**  
**COUGHING**  
**RUNNY NOSE WITH GREEN OR YELLOW MUCUS**



The common cold presents the most frequent health problem for students.

A child with a hacking cough and/or a runny nose with green or yellow mucus belongs home in bed whether he/she has fever or not.

If your child complains of sore throat and has no other symptoms, he/she may go to school.

Consult your doctor if the sore throat continues more than 3 or 4 days.

## **FEVER**



A fever is a warning that all is not right with the body.

No child with a temperature OVER 100 should be sent to school.

## **RASH**



A rash may be the first sign of one of the many childhood diseases such as chicken pox, measles, or scarlet fever. Many diseases that cause a rash are contagious.

A rash or “spots” may cover the entire body or may appear in only one area.

A doctor should be consulted if there are any questions about a rash.

## **STOMACH ACHE** **VOMITING** **DIARRHEA**



Consult your doctor if your child has a stomachache, which is severe enough to restrict his/her usual activity.

If vomiting occurs, keep your child home until he/she can keep his/her food down.

A child who has diarrhea should be kept at home.

Call your doctor if symptoms continue for more than 24 hours or if they continue to worsen after onset.