

NEWS FROM THE NURSE
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As any parent knows, nothing disrupts a household more than a child announcing that he doesn't feel well enough in the morning to go to school. But exactly how is anyone without a medical degree supposed to figure out when a kid is too sick for school?

Like you, school nurses aren't qualified to make a medical diagnosis. (Only a nurse practitioner, a physician's assistant or a medical doctor can do that.) However, we can assess the health needs of a child. Here are a few guidelines that we use as a way of determining if a child is too sick to participate in class.

- 1) Temperature of 100.0 F or above.
- 2) Sore throat and a temperature of 100.0F or higher. If there is no fever and he only has a mild sore throat, it's generally O.K. to send him to school, as long as you keep an eye on him over the next few days.



3) If a child has a cold, and is not well enough to participate in class-as in the child who has an uncontrollable cough.

4) If your child throws up once during the night, but feels better in the morning and does not have a fever (above 100.0 F), it's O.K. to send them to school. On the other hand, if they are still not feeling well or if a student throws up in the early morning hours, it's best to keep them home in bed. They may have a virus.

- 5) A headache, if accompanied by dizziness, nausea, a fever, or any vision problems.
- 6) An earache, if your child has a lot of pain, has trouble hearing, has a history of allergies or ear infections or is just getting over a cold. You should also do so if you notice any fluid coming out of his ears or if his glands start to swell.
- 7) Diarrhea can be very embarrassing for a child to have at school and the under-lying condition may also be contagious, that's why it's best to keep your child home until he's over his diarrhea-and whatever may be making him sick.
- 8) Never send your child to school with red, itchy, painful eyes accompanied by drainage, unless you know for a fact that he or she suffers from allergies. Always suspect pink eye.

As always, contact your physician if you have any questions or concerns regarding your child.

We are seeing an increase currently with the stomach flu and fevers, so please pay attention to what your student is feeling.