



NOTES FROM THE SCHOOL NURSE

There have been a number of illnesses reported at school including gastrointestinal viruses, conjunctivitis, and other flu like illnesses to name just a few. In an effort to control germs and prevent the spread of illness at school, please review and follow our district's guidelines based on the Michigan Department of Education (MDE) and Michigan Department of Health and Human Services (MDHHS), Divisions of Communicable Disease & Immunization recommendations below:

1. **Fever:** A child has a temperature of 100°F taken by mouth or 99°F taken under the arm. **The child should not return until 24 hours of no fever, without the use of fever-reducing medications.**
2. **Diarrhea** may be difficult for a child to manage in school and may be a symptom of a contagious illness. Diarrhea can also be very upsetting to a child. Treatment requires diet modification, rest, and fluids which should be managed at home. A child should have no loose stools for 24 hours prior to returning to school. Exception: A healthcare provider has determined it is not infectious and documentation is provided to the school.
3. **Vomiting:** A child that is vomiting should have no vomiting episodes for 24 hours prior to returning to school. Exception: A healthcare provider has determined it is not infectious and documentation is provided to the school.
4. **Rash:** If your child has an undiagnosed rash, s/he should be seen by a medical provider. We will exclude until the rash subsides or until a healthcare provider has determined it is not infectious with documentation provided to the school.
5. **Active, heavy coughing with a runny nose and sneezing** are symptoms that may need a doctor's evaluation. Allergy symptoms can be controlled with medication. A child with a cold needs additional rest and fluids in order to avoid complications and should remain home until symptoms have diminished.

6. **Other communicable diseases.** Children diagnosed with certain communicable diseases may have to be excluded for a certain period of time. We will follow the Wayne County Health Department Communicable Disease Guidelines.

* These are general recommendations. Please consult your local health department or medical provider for additional guidance.

In addition, we are seeing confirmed cases of influenza in our student population. There is good information for parents on the district website (see link below). Flu season typically runs between December and March.

<http://www.pccsk12.com/departments/health-safety/parent-resources>

If you have questions with these recommendations including physician notes, and other communicable diseases, please contact your school nurse.