

# LAKE DALLAS INDEPENDENT SCHOOL DISTRICT HEALTH SERVICES

## *HEALTHY REMINDER TO PARENTS*

Tis the season for respiratory illness (flu, colds, strep throat, sinus infections) and viral illnesses affecting the stomach and intestine. PLEASE, when your child/children complain of sore throat, headaches, coughing, stomach aches or cramps, observe for and ask your child about the following symptoms.

1. Decrease in appetite.
2. Green mucous from the nose and/or throat (indicates infection).
3. Fever (100 degrees or greater, stay home).
4. Behavior changes (irritability – more than usual; restless; wakens during the night with symptoms, more sleepy than usual).
5. Vomiting
6. Diarrhea

**If any of these symptoms are present, consult your doctor and keep your child at home. One or all of these symptoms can indicate the presence of an infection (for example: respiratory illness or stomach/intestinal illness).**

Green mucous from the nose or throat is a key symptom of respiratory infections and your child should stay at home for at least 24 hours before returning to school once antibiotics are started (when prescribed by a physician). Unless your doctor specifically requests otherwise, please do NOT send antibiotics to school. Viral infections, not usually treated with antibiotics, are contagious and communicable as long as the child has any of the above listed symptoms.

**Review with your child ways to prevent getting a cold or the flu, etc.**

1. Cover your mouth when coughing or sneezing, and then wash your hands.
2. Wash your hands after blowing your nose.
3. Keep pencils, crayons, etc. out of your mouth (particularly when they are not yours – don't share yours with someone if you have put them in your mouth).
4. Wash your hands before eating and after going to the bathroom.
5. Eat nutritious foods, exercise, and get plenty of rest.

**A child with a fever of 100 degrees or greater must stay home.** Fever is the body's natural response to the presence of an infection therefore; **a child with a fever is contagious.** When your child has a fever, he/she **must be free of fever for 24 hours before returning to school.** If your child wakens during the night with a fever and you give him/her medication for it, please do not send the child to school the following morning. Keep your child home to make sure other symptoms of an illness are not present. When an infection is present, fever often recurs within four to six hours after giving medication for it.

Our goal is to assist your child in maintaining optimum health and to reduce the risk and spread of contagious, preventable illnesses.

THANK YOU FOR YOUR COOPERATION.