

LINE MOUNTAIN SCHOOL DISTRICT

Line Mountain Middle/High School

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IS MY CHILD TOO ILL TO BE IN SCHOOL?

Parents are often confronted with the decision of when to keep their sick child at home. These guidelines may be helpful. They will not cover every medical condition nor are they meant to take the place of seeking medical attention.

Please consult your doctor for specific medical advice.

- **Fever** – 100.4 degrees or higher. A fever is a warning sign of illness. A child with a temperature of 100 degrees or higher should not attend school. The child should be free of fever for 24 hours (from the last dose of fever medication) before returning to school. Sore Throat - It is important to distinguish between a “simple sore throat” and a “strep throat” .The only certain way to diagnose “strep” throat is with a strep screen/culture. If it is a strep throat the physician will usually prescribe an antibiotic.
- **Colds/Cough** - Minor cold symptoms are common and usually don't interfere with school attendance. Most sore throats are caused by viruses as seen in colds or seasonal allergies. A persistent, frequent cough and/or constant nasal drainage may affect your child's performance at school, and he/she may be more comfortable at home.
 - Pertussis (whooping cough) is on the rise. The “whooping sound” is made when trying to gasp for air. Other signs are: cough with thick, productive mucous, lips and nails may turn bluish color from lack of enough oxygen, exhaustion from excessive coughing and in some cases, vomiting.
- **Rash** – A rash may be the first sign of one of many childhood illnesses, such as chickenpox or Fifth’s Disease. It may cover the entire body or only appear in one area. Do Not send your child to school if he has rash that is draining, has open areas, is causing excessive itching or if the rash is accompanied with other symptoms such as: a fever, sore throat, irritability, vomiting, etc. should not attend school. Do Not send your child to school until your child’s Health Care Provider has said that it is safe to do so. Remember: The School Nurse will need see a written note from the Health Care Provider before allowing your child to re-enter.
- **Vomiting/Diarrhea/Stomachache** - A child who has vomited should wait 24 hours and be able to retain solid foods before returning to school. A child who is having frequent, runny diarrhea should not attend school. If there is cramping/abdominal pain with diarrhea, the student may be more comfortable at home. Consult your child’s health care provider for a stomachache which is persistent or severe enough to limit regular activity.
- **Toothache** – Contact your child’s dentist.
- **Earache** - Contact your child’s Health Care Provider.