



Health Guidelines for students

It is the goal of the San Onofre School Nurse to help keep children **healthy and in school** as much as possible. Please refer to these guidelines to determine when your sick child may attend/return to school. If your child has a communicable disease or a chronic condition that produces these symptoms, please discuss this with your child's doctor and the school's nurse for more information about when to attend school.

Please keep your child home if he/she has:

- Has/Had a fever of 100.4 or greater in the last 24 hours: Students must be **fever free for 24 hours without the aid of fever reducing medications**, along with improvement of any other symptoms before returning to school.
- Cold symptoms such as: New runny nose, fatigue, persistent cough or headache. **Students should remain home until symptoms are improving.**
- Vomiting/diarrhea (3 loose stools) in the last 24 hours: students **may return 24 hours after last episode of vomiting/diarrhea without the aid of medication.**
- Communicable Diseases (e.g. chicken pox, pink eye, hand, foot & mouth (HFM), influenza, RSV, Strep throat, impetigo, etc): student should remain excluded until medical exam indicates that these symptoms are not those of a communicable disease that requires exclusion.
- Hand, Foot & Mouth (most common for ages 10 and below): students should remain excluded until fever free, symptoms improving, blisters are healing and dry, and return date from Doctor. If there are blisters in the mouth, mouth blisters must be healed if drooling is accompanied.
- Conjunctivitis (Pink-eye): Student remains excluded until treatment has begun, when purulent (colored) drainage has been resolved, or when symptoms have subsided in non-treated cases.
- Students who are prescribed antibiotics for communicable disease should remain at home until received a full 24 hours of antibiotics.

*If the student experiences symptoms due to a chronic condition (e.g. Runny nose from allergies, cough from asthma) then the child may continue to attend school. It is normal for coughs to persist for days or weeks after recovering from a respiratory illness. Persistent coughs are okay as long as other symptoms have improved. Additionally, drinking water and staying hydrated is highly encouraged. Please have your student bring water daily.

Jessie Gallier, RN
San Onofre School Nurse
760-731-4363