

As we run full steam ahead into the cold and flu season I wanted to remind you to please keep your student home from school if they are sick. Attendance is so important but an ill student will not be able to participate in the school day, will prolong the period of illness and spread the germs to other students. If you have any questions or concerns please don't hesitate to contact me, Kate Schwehm- school nurse @ 633-9814, kschwehm@aos98schools.org, or feel free to pop in my office at the elementary school any time.



Is My Child Too Sick For School?

Each day many parents are faced with a decision: should they keep their sick children at home or send them to school? Often the way a child looks and acts can make the decision an obvious one. In accordance with Maine Department of Health and Human Services guidelines, a child should not attend school if he/she exhibits one or more of the following symptoms or infections:

Fever: The child should remain home with a fever greater than 100 degrees. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin)

Diarrhea/Vomiting: A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.

Rashes: Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.

Colds: A child with thick, yellow-greenish mucous accompanied by fever, vomiting, diarrhea, or constant nasal discharge should remain home. Very few younger children can effectively blow their noses and wash their hands afterward. A child with the above symptoms will quickly spread the illness to other children.

Strep Throat/Impetigo and other bacterial infections requiring antibiotics. A student with strep throat or bacterial infection requiring antibiotics must remain home until they have been on their antibiotics for a full 24 hours.

Students with these symptoms cannot comfortably participate in program activities and unnecessarily expose others to their illnesses; they should stay home for at least 24 hours before returning to school.

If your child is diagnosed with a communicable disease, please notify the school as soon as possible. Some students have medical conditions that require special care if they are exposed to certain illnesses. Home is the best place for a child who is ill. If your child is sick and will be missing school, please call the school to report the absence.