

# AHHCHOO!



We have had our share of colds and flus in the program. Even with all the hand washing and wiping of little noses, we are having a difficult time keeping children and staff healthy. We are also finding it difficult to find substitutes to cover when staff becomes sick. We ask your cooperation in not sending your children to school when they are sick. Here are a few general guidelines to help you in deciding when to keep your child at home:

## Children should not be at school if:

- 1) Frequent coughing fits
- 2) Green or Yellow nasal discharge.
- 3) Infectious
- 4) Have a fever
- 5) Are vomiting, have diarrhea, are dehydrated
- 6) Have inadequate energy to attend to school activities

## Return your child to school if:

- 1) Nasal discharge is infrequent, clear, or due to allergies/hay fever
- 2) Your child has had no fever for 24 hours.
- 3) Your child is able to practice good hygiene (i.e. hand washing)

We encourage parents to keep their child at home **until five days after their symptoms have appeared**. If your child has a bacterial infection, they may return to school after they have been on antibiotics for 24 hours. Here are some general guidelines for returning your child to school after other common childhood conditions:

Chicken Pox: All lesions have crusted over

Pink Eye: 48 hours after treatment

Head Lice: After anti-lice shampoo and manual nit removal

Pinworms: 24 hours after Pyrantel, Mebendazole, or Albendazole

Vomiting: 24 hours after last Emesis



For more information please visit <http://www.albertahealthservices.ca/>