



# MANCHESTER REGIONAL HIGH SCHOOL

70 Church Street, Haledon, NJ 07508 (973) 389-2820



## HEALTH AND WELLNESS MEMORANDUM

Due to the recent widespread attention of influenza, below are illness guidelines for reference. This is referenced material. Please contact your healthcare provider for any questions or concerns.

### Guidelines for Parents - When to Keep Your Child Home from School

In order to be able to control communicable diseases in school, it is important to keep your child home when sick. This not only benefits your child but other children and staff in the classroom at school. Use the guidelines listed below should your child become sick, and do not hesitate to seek the advice of your healthcare provider.

Check your child every morning before sending him/her to school or childcare for any of the following influenza-like symptoms. If you are unsure of any symptoms, contact your school nurse for further guidance before sending your child to school.

- **Fever of 100° F or above**
- **Headaches**
- **Sore Throat**
- **Chills**
- **Cough**
- **Tiredness**
- **Achy Body**
- **Vomiting and/or Diarrhea**

### WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SIGNS?

If your child has any of these symptoms when it is time for school, it is best that she/he stay home. **NOTE:** If your child has **BOTH** a fever of 100° F or more **AND** a sore throat or cough, it may be the flu. Report these symptoms immediately to your healthcare provider and to your child's school.

### WHAT IF MY CHILD HAS SOMETHING OTHER THAN THE FLU?

If your child has been diagnosed with a different disease such as strep throat, bronchitis, etc., follow your health care provider's recommendation, when to return to school along with Doctor's note.

### WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?

Generally, your child may return to school when he/she is symptom free of an illness. However, there may be times when it is necessary for your child to see your healthcare provider before returning to school.

Any child with a fever above 100°F with flu-like illness must stay home at least **24 hours after their fever is gone, without using fever-reducing medications** like acetaminophen or ibuprofen, regardless of whether or not they are using antiviral drugs as the CDC recommends **BEFORE** returning to school. **A child that misses three consecutive school days must present a doctor's note in order to return to school.**

**Please call our school nurse, Mrs. Carr, at 973-389-2853 if you have any questions regarding a specific condition.**