



Freehold Township Schools

Neal Dickstein, Assistant Superintendent of Schools

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*"...preparing all students to be
responsible citizens and life
long learners."*

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Dear Parents/Guardians:

In an effort to maintain the health of our students and staff, we would like to share with you the guidelines pertaining to when to keep your children home from school. As you are aware, exclusion from public settings such as schools contributes greatly to preventing the spread of illness. Please adhere to these guidelines when determining if and when your child should remain home from school due to illness:

- If your child doesn't feel well enough to take part in normal activities (acting overly tired, fussy or won't stop crying), they may not feel well enough to attend school.
- Fever: Keep your child home until the temperature has been below 100 degrees for 24 hours without the use of Tylenol or Motrin (or generic brands of fever reducing medications).
- Vomiting/Diarrhea: Keep your child home at least 24 hours after the last episode of vomiting or diarrhea and when he/she is able to tolerate regular food.
- Cough: For persistent cough, keep your child home. If the cough is severe, wheezing or uncontrollable, please seek medical attention. Cough drops may be dispensed if provided by the parent and a note is written. Cough drops cannot contain vitamins, medications, or throat numbing products. Review cough hygiene with your child (cough on their sleeve, not hands; dispose of tissues after each use, etc).
- Strep Throat: The child may return to school after being on antibiotics for 24 hours and fever free.
- Conjunctivitis "pink eye": If a child's eyes are clear and they have been on antibiotic eye drops for 24 hours, he/she can return to school. A note from your physician is suggested.
- Respiratory Illness: Child may return when fever free (temperature below 100 degrees) for 24 hours without the use of fever reducing medications. Child should be able to participate in full day school activity.
- Any child with difficulty breathing or unable to consume fluids: contact your medical provider immediately.

Our goal is to maintain a safe, positive and healthy environment conducive to learning. If you are unsure if your child is ready to return to school, please contact your child's school nurse. To help track trends, please leave more details pertaining to absence other than "sick" or "not feeling well." Thank you for your support.

Sincerely,

Neal Dickstein
Assistant Superintendent

Michele Weissman

Michele Weissman
District Head Nurse