

## From the Nurses' Office



With winter here, illness is on the rise. When to keep your child home is always a difficult decision. The following includes some helpful guidelines to determine when your child's illness should keep them home.

### **Fever**

If your child has a temperature greater than 100 degrees, please keep them home until they are fever-free for 24 hours without having to take a fever-reducing medication.

### **Vomiting/Diarrhea**

If your child vomits or has diarrhea during the night or before school, they should stay home until symptoms have subsided for 24 hours.

### **Sore Throat**

A child with a minor sore throat without a fever is okay to be in school. If your child has a severe sore throat with or without a fever, it may indicate the start of strep throat. If you are unsure, contact your doctor to determine if further evaluation is needed.

### **Conjunctivitis**

Symptoms such as bloodshot itchy eyes, crusty dry or active discharge from the eyes may be a sign of pink eye. Please keep your child home and contact your doctor if they wake up with these symptoms. Student's with pink eye can return to school 24 hours after starting treatment.

### **Physicals/Dentals**

Physical examination forms are required in Kindergarten, 6th grade, and 9th grade, as well as at the time of transfer into the school. If you still have not turned in your child's form, please do so ASAP.

Dental examinations forms are required in Kindergarten, 3rd grade, and 7th grade, as well as at the time of transfer into the school. If you still need to turn your child's form in, please do so ASAP.

### **Mobile Dentist**

The mobile dentist will be here at MaST Community Charter School on Thursday, March 26th, 2020.

Permission forms will be sent home with your child in early February. Please fill the form out and return to school **only** if you would like your child to be seen by the mobile dentist that day.

### **Screenings**

Height, weight, and vision screening is currently going on for students in all grades. Additionally, hearing screening is in progress for students in Kindergarten through 3rd grade, 7th grade, and 11th grade. If you receive a letter requesting further evaluation, please have it completed and return to the school nurse.

**Please do not hesitate to contact us with any questions.**

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