



Rock Valley Community School District

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Dear Parents/Guardians:

This is a reminder of the school illness guidelines. The school has procedures in place for sending and keeping children home from school when they are ill. We follow these procedures to make sure that children are given an adequate amount of time and rest to get well before returning to school. This also prevents the spread of illness to others. Good attendance is important for success, but we also want to protect the health of other students, families and staff. Please do your part to know when your child should come or stay home!

Students with the following symptoms should remain home or may be sent home from school:

- **Fever:** Temperature of 100° F or above. The child's temperature must remain below 100° for 24 hours without the use of fever-reducing medications such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).
- **Vomiting:** The child should be free of symptoms for 24 hours before returning to school.
- **Diarrhea:** Two or more liquid stools in a 24-hour period. The child should be free of symptoms for 24 hours before returning to school.
- **Persistent symptoms:** Signs of illness that could disrupt the student's learning and/or pose a risk of illness to others. Examples include extreme nasal congestion, reddened eyes, sore throat, uncontrolled cough, headaches not responding to rest/medication, dizziness, lack of appetite or extreme fatigue.
- **Rash:** A contagious rash or a new, unexplained skin eruption/rash.
- **Communicable illnesses:** An illness for which you have been advised to keep your child out of school until cleared to return by your child's doctor.
- Any other health condition that is of concern for the child's health and well-being and/or that of others in the school building.
- Any acute health condition in which the school staff do not feel comfortable in monitoring the student.

A school representative or the school nurse may contact you if your child becomes ill with the above symptoms while at school. If a parent/guardian cannot be reached, other individuals listed on the health form for the student will be notified. For the child's safety, students will only be released to adults who were named by the parent/guardian in the event they are unable to pick the child up. Please plan ahead for how your child will be cared for if they need to remain home from school or are sent home from school due to illness.

To help minimize the spread of illness among students:

- Report communicable diseases to the school immediately!
- Remind your child about good handwashing- especially after using the toilet or before eating.
- Encourage good cough hygiene- cover the nose and mouth when coughing or sneezing.
- Follow the guidelines above for staying home when ill.

Head lice reminder: There is no need for a child to be sent home or miss school because of head lice. If head lice are discovered, a parent/guardian will be notified, and treatment should occur prior to the student returning to school the next day.

Thank you for your cooperation in keeping our school as healthy as possible this year!

Stephanie Groeneweg, RN BSN