

Mid-Prairie Health Services

Winter 2018

Illness Policy

Please remember that we have a school policy that states children who have been ill should not return to school until vomiting or diarrhea has **not** occurred for 24 hours. This policy also states that your child must be fever free for 24 hours without the use of fever reducing medication before returning to school.

Strep Throat

Strep Throat is a common illness this time of year. Your child may show signs of strep throat from one to three days after being exposed. Symptoms may include, complaints of a sore throat, fever greater than 100 degrees, swollen glands in the neck area, tired/cranky, and have a headache, stomachache and/or vomit. If you think your child may have strep, they will need to be seen by a health care provider and have a test done. If they test positive, they will need to be on antibiotics for 24 hours before returning to school and be fever free for 24 hours.

If your child has any one of the following conditions, you will be notified to pick up your child immediately: contagious disease, fever over 100 degrees F, vomiting or diarrhea, accident requiring medical attention. *Therefore, it is very important that we have a telephone number where we can reach you during the school day.* Please let us know if this telephone number, or any other pertinent information, changes during the school year.

A cold weather reminder! If you need assistance with coats, snow pants, boots, hats and/or gloves please contact someone in the office and we will be happy to help with this. It is important for students to have these items for recess because they will go outside for recess unless the wind chill is below zero.

Influenza

There have been many cases of Influenza reported throughout the state of Iowa. Influenza (the flu) is an infection of the nose, throat, and lungs caused by the influenza virus. Some symptoms of the flu include: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue and sometimes vomiting and diarrhea.

Head Lice

Parents are encouraged to regularly screen their children for lice. It should be assumed that head lice are in the community and schools at all times.

Children will not be excluded from school if found with head lice. Head lice can be a nuisance but research shows they do not spread disease or illness. Please contact the school if you have further questions.