

Guidelines for Parents

ILLNESS AND EXCLUSION

Students need to be in good health in order to get the most out of their school day. To avoid the transmission of a communicable disease, Northwestern follows the Center for Disease Control (CDC) guidelines for preventing the spread of diseases.

In order to reduce the spread of many illnesses, please keep your child home with the following:

- **Vomiting and/or diarrhea:** Your child **may** return to school 24 hours after all symptoms have subsided.
- **Green or Yellow discharge associated with fever or cough with mucous secretion:** May be a sign of infection.
- **Fever of 100 F or above:** Students may return to school after being free of fever for 24 hours without Tylenol or other analgesics.
- **Conjunctivitis or 'pink eye':** (not to be confused with the reddened irritated eyes due to allergies) Reddened and itchy eyes or crusty eyelids from drainage maybe conjunctivitis. Students may return to school after the first dose of antibiotic treatment or as recommended by the physician.
- **Rashes or skin conditions:** Any unusual rashes should be examined by a doctor. Students may return to school after any sores are crusted over and dried.
- **Chicken pox:** The varicella vaccine now mandatory for schools and we shouldn't see many cases of chicken pox. In a mild case, a student may exhibit low fever, mild rash, small blisters, and malaise. Students may return to school after all small blisters are crusted over and dried.
- **Strep throat:** May return to school after 24 hours of antibiotic therapy

You will be notified if your child becomes ill while at school. Please make sure our contact numbers for locating a parent/guardian during the school day are current.

PREVENTATIVE MEASURES

There are many ways you can prevent spreading of illness / infestation. Hand washing has been proven to be most effective in preventing the spread of communicable diseases. Also disinfecting hard surfaces that are frequently touched such as door knobs / handles, counter tops, phones, computers, remotes etc. Students should not be sharing water bottles, eating utensils, towels, combs / brushes, hats and hoodies, to name a few. Immunize for seasonal influenza annually. Stay well hydrated.