

## Reminders from your Marion High School Health office:

**Please call the health office at (315) 926-2406 when your child will be absent.** We appreciate all those calls in when your child will be absent from school followed with a written excuse upon return.

### **When To Keep A Child Home Because Of Illness**

Sometimes it can be difficult for a parent to decide whether to send children to school when they wake up with early symptoms of an illness or complaints that they do not feel well. In most cases, the illness is not serious, and children will do just fine with a supply of tissues, reassurance, and a little encouragement.

There are some situations in which it is best to plan on keeping your child home for the day to rest and recuperate or to arrange for an appointment with your health care provider. The following situations are:

1. Fever greater than 100 degrees, including a fever that requires control with medication in the last 24 hours
2. Vomiting in the last 24 hours
3. Diarrhea in the last 24 hours
4. Strep throat (must have been taking an antibiotic for at least 24 hours before returning to school)

If your child becomes ill at school and the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that we have a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. **If your daytime or emergency phone number changes during the year, please notify the main office or health office immediately.**

**Remember, (to help avoid the spread of illnesses) if your child has a fever, vomiting or diarrhea, please be sure they are fever free, vomiting and diarrhea free for 24 hours prior to returning to school WITHOUT the use of fever-reducing medicine such as Tylenol (acetaminophen) or Advil (ibuprofen).**