

Oakwood Baptist Day School

Health Policies

A sick child cannot learn effectively and is unable to participate in classes in a meaningful way. Keeping a sick child home prevents the spread of illness in the school community and allows the child opportunity to rest and recover.

Please do not send your child to school if he/she has any of the following problems:

- 1. Vomiting**
- 2. Diarrhea**
- 3. Temperature over 100.4 degrees Fahrenheit in the last 24 hours**
- 4. A suspected contagious condition**
- 5. A rash of undetermined origin**
- 6. A cold or cough which would prevent full classroom participation**
- 7. Sleepiness or drowsiness which would prevent full classroom participation**



COMMON COLD AND UPPER RESPIRATORY INFECTIONS

A runny nose, water eyes, cough and a slight fever are the usual symptoms of the common cold and upper respiratory infections. These are the most common illnesses seen in the school. Antibiotics are not helpful in treating this condition.

Suggestions for Care:

1. Encourage liquids such as juices, Kool Aid, soda pop, popsicles and tea.
2. Adequate rest is important.
3. Consult with your primary care provider if your child complains of an earache or pulls at his/her ear.
4. Because of the possible association of aspirin with Reye's Syndrome, please consult with your primary care provider before using aspirin or combination of products containing aspirin. Use acetaminophen products (e.g. Tylenol) instead for aches and fever.

It is important to keep your child home if:

1. Fever is over 100.4 degrees Fahrenheit – keep at home until the temperature has been normal without fever-reducing medication for 24 hours.
2. Your child has a runny nose and/or cough and cannot use a tissue without help.
3. Your child will not be able to participate in school activities for a full day. This includes outdoor play. Our teacher ratio does not allow for children to stay inside when the rest of the class is going out.

CONJUNCTIVITIS OR “PINK EYE”

Conjunctivitis is an inflammation of the thin, transparent outer layer of the eyeball and the inner surface of the eyelids. The inflammation caused redness, tearing and occasionally formation of pus. Because of the redness, it is commonly called pink eye, and the most common causes are bacteria, viruses and allergy. The first two are quite contagious. Allergic conjunctivitis is usually associated with nasal allergy and rarely causes any pus in the inner corner of the eye. This can be helpful in differentiating contagious from non-contagious varieties.

Suggestions for Care:

1. Consult your primary care provider.
2. Wash hands frequently especially after touching the eye.
3. Keep wash cloths and towels separate from those of other family members.
4. Use cool compress over the eye.

Your child may return to school once he/she has been seen by your primary care provider and has had 24 hours of treatment. Please provide documentation of care and recommendations for return to school.

STREPTOCOCCAL INFECTION

The symptoms of strep throat often include fever, sore and inflamed throat, pus spots on the back of the throat, as well as tender and swollen glands of the neck. There may be a minimum of symptoms. The symptoms for scarlet fever include all that occur with strep throat, as well as a

strawberry tongue and body rash. High Fever, nausea and vomiting may also occur. Streptococcal infection can spread through direct or intimate contact with an infected person or carrier.

Suggestions for Care:

1. Consult your primary care provider.
2. Limit direct and/or intimate contact non-infected people to prevent spread.

Your child may return to school once he/she has been seen by your primary care provider and has had 24 hours of treatment. Please provide documentation of care and recommendations for return to school. Early diagnosis and medical treatment are essential for the prevention of serious complications.

VOMITING

Vomiting usually lasts from 12 to 24 hours. Medicine is usually not necessary for this condition.

Suggestions for Care:

1. Rest the stomach by giving nothing to eat or drink until the vomiting has stopped for at least four hours.
2. When the vomiting has stopped, give small amounts (about one tablespoon every half hour) of clear liquids, such as Kool Aid, Jell-O, popsicles, flat cola and cracked ice for several hours.
3. Avoid milk products, citrus juices and spicy or fried foods.

4. Gradually add plain solid foods such as crackers, pretzels, plain noodles or rice.
5. Call your primary care provider if vomiting continues, if severe stomach pains develop and if fever is present.

Your child may return to school when he/she has been able to eat regular food without vomiting for 12 hours.

These health policies have been adapted from a publication distributed to Sporting Hill Elementary students. This booklet is meant to give you information regarding common illnesses but should never be used over the advice of a physician. It is very important to contact your health care provider when you think your child may be ill.