

Health and Safety

SICK CHILDREN

If you know your child is ill, she or he should not come to school. Parents or guardians must inform administrators immediately of any child who contracts an infectious disease so that other families can be notified as required by New Mexico law. There are some diseases which must be reported to the State of New Mexico and you can refer to the notice labeled “Notifiable Diseases and Conditions in New Mexico” on the bulletin board by the main entrance door. A sick child might feel unhappy at school; she or he should remain at home until able to resume normal activities, including outdoor play. **If your child is too sick to play outside, your child is too sick to come to school.** Even a cold can cause a child to tire easily and the busyness of school can exacerbate this. Occasionally symptoms worsen after the child arrives at school. If a child has any of the following conditions or does not appear to be tolerating school for health reasons, the child will be sent home for the day along with a Sick Child Form. You must pick your child up within one hour of notification. If your child is sent home for illness, please understand that it is a decision aimed only at keeping everyone else healthy. **It’s important to remember that healthy, young children get sick an average of eight to ten times per year.** Please try to set up at least two contingency plans for when your child must stay home.

We are not physicians or qualified health practitioners capable of making diagnosis, but we will act on the following as is conventional practice in schools:

1. **Diarrhea or vomiting.** The child may return when free from symptoms for 24 hours. Children will be sent home if they have a watery stool that cannot be contained in a diaper or underpants or 3 or more, soft, loose stools in a 4 hour period.
2. **Impetigo.** The child may return to school after antibiotics have been administered for 24 hours, or when sores are very dry with no yellow crust, and no longer oozing (about 7-10 days), with a doctor’s note.
3. **Fever.** Temperatures **above 100.4F (oral) or 99.4F (axillary or under arm).** Your child may return when free from fever for **24 hours without** fever reducing medication.
4. **General Malaise.** A child who does not eat or have the energy to participate in activities does not belong at school.
5. **Earache.** The child should be seen by a physician and in the case of an ear infection, may return to school following a minimum of 24 hours of treatment with antibiotics.
6. **Pediculosis (head lice).** The child may return to school following a minimum of two days of treatment.
7. **Cold.** The child may attend school if he or she is free from fever and general malaise. If a child has a lingering cough (a signal of an upper respiratory infection), he or she should be seen by a physician.
8. **Ringworm or Athlete’s Foot.** The child may attend if the infected area is being treated and is covered.
9. **Strep Throat.** The child may return to school after 24 hours of treatment with prescription medication. Restriction concerning no fever for 24 hours also applies.
10. **Conjunctivitis (pink-eye).** The child may return to school following 24 hours of treatment with prescription medication.
11. **Rash.** Out of care until a doctor determines that the rash is not contagious or has a diagnosis. **In some cases, such as Hand, Foot and Mouth Disease or other illnesses which cause blisters filled with fluid, children may not return until the blisters have stopped developing/erupting and they have scabbed over, regardless of a doctor’s note.**

It is important that children who have been ill not be sent back to school when they are still at risk. A low resistance jeopardizes your child’s health.