

Adelanto School District Health Services

Dear Parent(s)/Guardian:

It is difficult sometimes to decide when to keep sick children at home. In order to make it easier for you, we encourage you to follow The American Academy of Pediatrics guidelines on when to send or keep your student home from school.

Don't keep a child home for:

- Sniffles, a running nose and a mild cough without a fever. It could be a cold or an allergic response to dust, pollen, chalk or seasonal changes.
- Vague complaints or aches, pains, or fatigue.
- A one time only episode of diarrhea or vomiting without any other symptoms.

Keep a child home when he/she has:

- Any physical or emotional condition that would prevent him/her from participating comfortably in class.
- A fever of 100 degrees or more. A fever along with a rash, earache, sore throat, or nausea, may indicate a highly contagious infection.
- A persistent, productive cough and wheezing together with a thick or constant nasal discharge.
- Persistent vomiting and diarrhea during the previous night.
- An undiagnosed rash especially coupled with a fever and behavioral changes.
- Pinkeye in which there is a white or yellow discharge, often with matted eyelids after sleep, and eye pain, redness or itching.
- Head lice. Our school district enforces a "No Nit" policy; students can not return until all lice and eggs are treated and removed.
- Strep throat, scarlet fever, measles, or chickenpox until released by your physician.

If you do not have medical insurance for your student and need assistance you may call 1-888-747-1222 to determine if you are eligible for Medi-Cal or the Healthy Families Program. Basic health care and immunizations can be obtained for free or minimal cost at the San Bernardino County Health Department (phone: 245-3761) for assistance. The *West Side Park School Clinic* (246-7337) can also assist you.

Please let us know if there are any medical issues that we should be aware of that may affect your student during school. If you have any questions or concerns, please contact your student's school.

Thank you in advance for your attention and response to this letter.