

CHULA VISTA ELEMENTARY SCHOOL DISTRICT
84 East "J" Street • Chula Vista, CA 91910 • (619) 425-9600

HEALTH SERVICES

Some students are more susceptible to infection as they have reduced ability to fight off disease. Your help is needed to ensure that children who have illnesses that are contagious and serious are **not** sent to school.

Do not send a child with the following symptoms to school:

- **Fever of 100.5°F or more, taken orally (or 101°F if taken by ear, rectally or temporal scan) on the day before school or the morning of school:** Note that ear temperatures may be inaccurate and temperature should be taken using another route if the temperature is high.
Keep the child home until he/she is fever free for 24 hours without the use of fever-reducing medication. Due to the increase chance of developing Reye's Syndrome, aspirin and aspirin-containing medications should not be given to children without first consulting a physician for each specific use.
- **Cough and difficulty breathing** – Children may come to school if they have symptoms of a cold, with cough and nasal mucus. However, do not send your child to school and always seek medical care if the child has labored breathing (heaving of chest muscles with each breath), rapid breathing at rest, blue color to skin, or wheezing for the first time. If your child has been given a diagnosis of pertussis/whooping cough, your child will require 5 days of antibiotics before coming to school. If your child has a diagnosis of tuberculosis, your child may not return to school until treated. (Having just a positive tuberculosis skin test does not mean your child has tuberculosis).
- **Rash that is undiagnosed.** When there is a fever and behavioral change accompanied by a rash, have child checked by a doctor.
- **Chicken pox** - keep home until all blisters are scabbed over and no signs of illness.
- **Diarrhea** - keep home if the stool is not contained by the diaper for diapered students. Keep home for students wearing underwear, if the student is having diarrhea in their underwear before reaching toilet. Do not send to school and seek the care of a doctor if there is blood or mucus in the stool, if the stools are all black or very pale, or if the diarrhea is accompanied by: no urine output for 8 hours, jaundiced skin, or child looks/acts very ill.
- **Vomiting** more than once a day or if vomiting was accompanied by fever. Seek medical assistance if there is blood or green mucus in the vomit, there is no urine output in 8 hours, there is a recent history of head injury, or the child looks or acts very ill.
- **Impetigo** – Once your child has started an antibiotic, your child may return to school **the following day**.
- **Ringworm** (contagious skin fungus infection). Keep child home until treatment is started, if in an exposed area. Ringworm on the body can be treated with a cream applied directly to the affected area and covered with a bandage. Ringworm on the scalp requires an oral medication, but child may return to school if covered with appropriate cream applied.
- **Cold sores** – Child may attend school, unless there are also mouth ulcers and blisters and the child has no control of drooling.
- **Seizures** – Do not send your child to school if your child has been administered emergency seizure medication(s) within **9 hours** of the start of school.

Antibiotics

Children who are placed on antibiotics for the above ailments or a contagious disease should be on them for a FULL 24 hours (longer for Pertussis/Whooping Cough) before returning to school, in order to prevent the spread of infection.

If at any time you are unsure if your child's illness is contagious, call your child's primary care provider. If you have further questions, please contact your school site to speak to the school nurse.

Thank you for your continued support of the families in our school community.