

*Your child may be exposed to several common communicable diseases when at school. **If your child appears to have any of the signs & symptoms for any of the diseases listed below, please consult with your healthcare provider immediately and notify the school health office at 467-8505.***

*Please feel free to contact the health office at 467-8505 with any questions.*

- CHICKEN POX** – Symptoms include a rash illness with eruptions occurring in groups which crust and fall off. Chicken Pox may be accompanied by fever, malaise, and mild respiratory symptoms. It is contagious from several days before the rash until 6 days after the first appearance of skin eruptions. Children are excluded from school for 5 to 7 days after the first skin eruption appears. **Contact your healthcare provider physician immediately if your child appears to have chicken pox.**
- CONJUNCTIVITIS/PINK EYE** – Commonly called “pink eye”, conjunctivitis is a contagious infection of the eyelid and/or eye lining. The eyes may appear “watery” and “reddened”, with or without a thick discharge. **Children are excluded from school until seen by a healthcare provider and treatment has begun with an antibiotic eye cream or eye drops.**
- HEAD LICE** – The first sign of head lice may be excessive scalp itching. It is important to inspect your child’s head on a regular basis. The most obvious sign of infestation is the presence of nits. Nits are tiny, grayish-white or yellow eggs attached firmly to the hair shaft. Nits appear to resemble “dandruff”, but cannot be easily brushed or blown away. Lice products consist of a shampoo and a lice comb and are available at your local pharmacy. **Child must be accompanied by an adult and be lice-free to return to school.**
- IMPETIGO** – Impetigo is a skin eruption that often resembles a “cold sore”. Impetigo is usually found around the mouth and nose, however, it may occur on the arms, legs, or other exposed areas of skin. The eruptions may fill with pus and later form a crust or scab. Itching is common and scratching may spread Impetigo. **Children with impetigo are excluded from school until treatment has begun.**
- STREPTOCOCCAL INFECTIONS** – (including scarlet fever and streptococcal sore throat) – The incubation period is 2-5 days. Symptoms include sudden onset with headache, fever, sore throat and glands in the neck are usually enlarged. In some instances a rash may appear. This rash is bright red, evenly diffused, and usually appears first on the neck and upper chest within 24 hours and may last up to 10 days. **If you child becomes ill, consult your healthcare provider immediately.**
- INFLUENZA** – Commonly called the “flu”, it is an extremely contagious viral disease that usually appears in winter & early spring. New strains evolve every few years. The infection spreads through the upper respiratory tract and can invade the lungs. The flu and the common cold can appear very similar except the flu is worse. Both ailments bring coughing, headache & chest discomfort but with the flu you are likely to run a high fever for several days and your head & body will ache. A severe case can lead to pneumonia. Antibiotics are usually not helpful in treating either the flu or a cold. The flu is transmitted by inhaling droplets in the air or through direct contact with secretions. Hand washing is VERY important. **If you think your child may have the flu, consult your healthcare provider immediately.**