



Tips for Parents from the School Health Office

Many parents ask, “When is my student sick enough to stay home from school?”

This is not always an easy question to answer! We hope that these tips can help!

A student who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. Please be aware we do have students with compromised immune systems to whom even the common cold can turn into a more serious illness which can lead to hospitalization. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Our school procedure states that you should not send your student to school if he/she has:

- Temperature 100 or greater in the past 24 hours. Student must be fever free for 24 hours without fever reducing medication before returning to school.
- Vomiting and/or Diarrhea in the past 24 hours.
- Contagious disease, such as (but not limited to) strep throat, conjunctivitis and impetigo. (Student must have taken antibiotic at least 24 hours prior to returning to school)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night or is disrupting student learning in the classroom.
- Wheezing/shortness of breath not relieved by rescue inhaler or medication treatment not lasting 3-4 hours. Any child wheezing with no prior diagnosis of asthma/reactive airway disease. *Student needs to see a physician for evaluation*
- Head lice – until your student has been treated according to the nurse’s or doctor’s instructions. Student may return to school after being examined by your school nurse.

If your student becomes ill at school you will be called to take them home from school. It is imperative that your student’s school has a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your student home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify your student’s teacher and/or school immediately.

Please call the school’s Health Office if you have any questions or concerns.

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