



Staying Healthy

People often ask what they can do to stay healthy. The single most effective way to prevent the spread of contagious diseases is by washing your hands. But there is more to good hand washing than you think! Follow these 4 simple steps to keep your hands clean.

1. Wet your hands and wrists with warm running water.
2. Add soap, then rub your hands together, making a soapy lather. Do this away from the running water for at least 15-20 seconds, being careful not to push the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails. Don't forget the thumbs.
3. Rinse your hands well under warm running water. Let the water run back into the sink, not down to your elbows. Turn off the water with a paper towel and throw it away.
4. Dry hands well with a clean towel.

To prevent chapping, use a mild soap with warm water. Pat rather than rub hands dry, and apply lotion often. It is important to encourage and help children to wash hands before eating, after playing outdoors or playing with pets, after using the bathroom and after blowing their noses. Even though hands may look clean, they may carry germs that can cause disease. Kids learn by example. Let them watch you wash your hands. Teach them to sing a 15 second song like "Twinkle, Twinkle, Little Star" while lathering their hands. Watch them as they wash up to make sure they're developing good hand washing habits. Stay healthy together!



When to Keep Your Child Home from School



Deciding when a child is too sick to go to school or daycare can be a difficult decision for parents to make. Here are some guidelines to follow as you consider whether your child needs to stay home. This information is not intended as medical advice. It is designed to provide guidelines to be followed until your doctor can be reached for a medical evaluation. Your doctor should be consulted regarding any childhood illnesses.

As a general rule, exclude your child from school if:

- The child does not feel well enough to participate comfortably in activities (extreme tiredness, irritability, persistent crying or coughing).
- The child requires more care than staff can provide without effecting the learning process or the health and safety of the other children
- The illness poses a risk of spread of disease to others (see chart on reverse).

If you have any questions about your child's health and development your best resource is his/her physician. Our district also has a school nurse consultant as a resource at 262-673-8042. The Washington County Health Department is a resource for immunization information and free or reduced cost immunizations at 262-335-4462. If you are uninsured, your child may qualify for health insurance if you qualify for WIC or the free / reduced price hot lunch program; please contact your local department of social services/economic support for more information at 262-335-4610.

Parent resources:

- Wisconsin Department of Health and Family Services: www.dhfs.wisconsin.gov/communicable/factsheets/
- Washington County Health Department: www.co.washington.wi.us/chn
- American Academy of Pediatrics: www.aap.org

The Chart on the back of this sheet is based on:

Managing Infectious Diseases in Childcare and Schools, American Academy of Pediatrics, 2005

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Symptom	When to exclude	When to return
Cold or Cough <ul style="list-style-type: none"> • Runny Nose • Scratchy/ irritated throat • Coughing • Sneezing • Watery eyes 	If child has a fever with behavior change, looks or acts very ill, severe or uncontrolled cough, rapid or difficulty breathing, wheezing	Once exclusion criteria have been resolved
Diarrhea <ul style="list-style-type: none"> • Frequent loose or watery stools compared to child's normal pattern • Abdominal cramps 	If child has one episode of diarrhea at school, blood or mucus is in the stool, abnormal color of the stool for child, no urine output in 8 hours, skin or eyes are yellow (jaundice), fever with behavior change, looks or acts very ill	If child has only one episode of diarrhea without any other sign of illness, he/she can return the next day. If child has 2 or more occurrences of diarrhea in 24 hours, he/she needs to be diarrhea free for 24 hours, or cleared by a health professional for bloody diarrhea, salmonella, shigella, e.coli & hepatitis A
Eye Irritation <ul style="list-style-type: none"> • Mucus in the eye • Pink color instead of white of eye 	If child has bacterial infection (as determined by his/her physician).	Once on medication at least 24 hours.
Fever	Children over four months of age: 100 or above if taken orally (99.0 under arm and 101 rectally)	Once fever free for 24 hours (without use of fever-reducing medicine) and able to participate
Itching	If child has chickenpox, scabies, impetigo, ringworm or headlice they should be excluded. If they have pinworm, allergic or irritant reactions and eczema they do not need to be excluded unless it appears infected or the itching interferes with learning.	Once seen and cleared by a health professional, on medication at least 24 hours if indicated. <u>Headlice</u> : Absence of lice and their nits (eggs) <u>Chicken pox</u> : Pox needs to be dried and scabbed over
Pain <ul style="list-style-type: none"> • Earache • Headache • Mouth Pain • Sore Throat • Stomach Ache 	<u>Earache & Headache</u> : If unable to participate or care would decrease staff's ability to teach and care for other children. <u>Mouth Pain or Tooth Ache</u> : If child has mouth sores, tooth pain, drooling or difficulty swallowing. <u>Sore Throat</u> : If child is unable to swallow, has excessive drooling, fever with behavioral changes. <u>Stomachache</u> : If child is uncomfortable, pain lasts more than two hours, has been injured, bloody or black stool, no urine output for 8 hours, diarrhea, vomiting, fever with behavioral changes, looks or acts very ill.	Once pain has resolved, child able to participate. With strep throat your child may return to school after 24 hours on antibiotics.
Rash/Spots (see also itching)	If child has measles, mumps, chickenpox, scabies, impetigo, ringworm, or rash of an unknown cause they should be excluded. If they have pinworm, allergic or irritant reactions and eczema they do not need to be excluded unless it appears infected or the itching interferes with learning.	Once seen and cleared by a health professional. On medication as indicated by physician and Local Public Health Department. (Chicken pox: Pox needs to be dried and scabbed over)
Vomiting	If the child vomits once at school; has a recent history of head injury, looks or acts very ill, vomit that appears bloody or green.	If child has only one episode of vomiting without any other signs of illness, he/she can return the next day. If your child vomits 2 or more times in 24 hours, he/she needs to have had no more vomiting for at least 24 hours or a health care provider needs to decide it is not contagious.

Please report **any** absences to your child's school as soon as possible, and inform the office staff if your child has a contagious illness.