

## **Health Information**

### **How Sick is “Stay Home From School” Sick?**

1. Keep children home when their temperature is over 100 degrees. Take your child’s temperature when he/she first wakes up again about ½ hour later. If it has risen by ½ degree or more, a fever may be on the way and your child should stay home.
2. Beware of yellow or green nasal drainage. If it is coupled with sneezing, coughing or both, your child should stay home.
3. Watch out for conjunctivitis, also known as pink eye. See a doctor if you suspect your child has pink eye.
4. Keep children home for the first 24 hours if they are on the antibiotics. If your child needs to take his/her antibiotic while at school, please have the pharmacist give you an extra bottle with the directions on it so that bottle can stay at the school.
5. Keep your child home if they have thrown up or have diarrhea within the past 24 hours.

### **THE USE OF HAND SANITIZER AT SCHOOL**

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for at least 20 seconds. However, if soap and water are not available, the use of alcohol-based hand sanitizer is recommended. Alcohol-based hand sanitizers significantly reduce the number of germs on the skin. According to studies performed by the Center of Disease Control (CDC), school absences due to gastrointestinal and respiratory illnesses decreased approximately 40% with proper hand washing or when hand sanitizers were used. Unfortunately, not all students take the time to wash their hands!

One area that the Kindred School will help the students is to provide alcohol-based hand sanitizer. The hand sanitizer will be used when it is inconvenient to use soap and water. The hand sanitizer will be provided for the students to use prior to eating lunch. The current statistic for students washing their hands prior to lunch is only 31%. The Kindred School hopes the use of hand sanitizer will increase student awareness regarding germs, while decreasing absences due to illness.