



Grafton School District

*Preparing Learners for a Dynamic Tomorrow
Every Student ~ Every Day*

To: Families of Grafton Students

From: District Nurse

Re: Guidelines for School Attendance when Ill

As we partner with you to keep our students and faculty healthy, please follow these recommendations if your child is sick:

FEVER

Your child should stay home until 24 hours after he/she no longer has a fever or signs of a fever without taking fever-reducing medication. Signs of fever (100 degrees F or higher) include chills, feeling very warm, a flushed appearance and/or sweating. Please make arrangements to accommodate this time away from school. Understand that dosing your child with a fever reducer so that they may attend school can spread infection to classmates and staff, places children with lower immune function at risk, and may slow your child's restorative process.

DIARRHEA

Stay home if he/she experiences diarrhea: two loose or watery stools, even if there are no other signs of illness. Your child can return to school after 24 hours of no loose stools. Exception: your health care provider has determined your child's diarrhea is not infectious (caused by antibiotics, new foods, etc.).

VOMITING

Stay home if your child is vomiting, and until vomiting has stopped for at least 24 hours. Nausea and stomach cramping can be early indicators of illness.

COUGH

Stay home for a cough that is deep and uncontrollable (even without a fever) or if coughing induces vomiting.

SORE THROAT

Stay home if sore throat is severe, if white spots are seen on the back of his/her throat, or if a headache or upset stomach is also present.

Help Us to Help You

- Teach your children standard precautions such as hand washing with soap and water after coughing, sneezing and before eating. Hand sanitizers are not effective for all disease-causing agents.
- Teach your children to avoid touching their "T-Zone"(eyes, nose, mouth) since germs spread easily in these areas.
- Cover coughs and sneezes with a tissue or their bent arm.
- Routinely clean your home surfaces.
- Encourage rest for your child when he/she is ill. Rest is imperative for healing.

Please update your child's school when your child is ill. We appreciate knowing what illnesses are present in our community as we work to support every student every day.

Thanks for your support!!

Staccia McCulley BSN, RN

District Nurse

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*** Healthy Students. Ready Learners. ***