

Illnesses and Injuries

Exclusion from school for illness or injury

At the high school level, students may be permitted to provide their own transportation home if deemed appropriate by the nurse and with parental/guardian consent. A parent or designee is always contacted prior to excluding a child for medical reasons.

Communicable Diseases

The identification and control of communicable disease is an important component of the nursing program at FWHS. This program serves to protect your child and all others in the FWHS community.

To do this effectively we rely on parents to contact the school to report cases of communicable disease their children might develop. We utilize this information to report the number of cases of a specific disease to the Health Department, advise any highly susceptible people within our building of the incidence of a specific disease (when necessary) and institute containment or preventive measures if indicated.

You may report a communicable disease to the House Secretary when you are calling in an absence (who will alert us) or you may call the Health Office directly (255-8358.) As with all health related information, this is confidential.

Following is a list of the communicable diseases which we ask parents to report. Please feel free to contact our office if you have any questions.

Bronchitis	Meningitis	Smallpox
Chicken Pox	Measles	Scarlet Fever/Scarletina
Diphtheria	Mononucleosis	Staph infection
Fifth Disease	Mumps	Strep Throat
German Measles	Pinkeye	Tetanus
H. Influenza	Pinworm	Tuberculosis
Hepatitis	Pneumonia	Coxsackie Virus
Impetigo	Poliomyelitis	West Nile Virus
Influenza	Ringworm	Whooping Cough
Food Poisoning*	Scabies	Head Lice
Lyme Disease	Shingles	

* confirmed by a doctor

Everyday Preventive Actions to Stop the Spread of Germs

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. The following preventive actions are not a substitute for vaccination.

- Try to avoid close contact with sick people- this is called social distancing- usually double your arm's length around a sick person
- If you get sick with a respiratory illness, like the flu, limit contact with others as much as possible to help prevent spreading illness.
- You should always seek medical attention for worsening or persistent symptoms.
- You should always notify your doctor when you have a temperature and get their medical advice- not from the internet or a friend.
- A temperature of **100.5** (Fahrenheit) and above is considered a fever.
- You should **stay home for at least 24 hours** from the time the fever ends.
- You need to be **fever-free naturally**. This means not taking a fever reducing medicine that only masks your temperature.
- If you use a fever reducer, you are still sick, still contagious, and are still capable of spreading any illness.
- If you suspect you have the flu, you will need to be examined by your doctor as soon as you notice the symptoms. The antiviral is less effective if you have had the symptoms for 48 hours or more.
- Flu symptoms vary. **The most common symptoms** are: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea.
- Cover your nose and mouth with a tissue or in the bend of your arm when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Germs enter through open passages such as your eyes, nose and mouth and even broken skin. Wash your hands often with soap and water especially before and after eating.
- Avoid biting nails or rubbing eyes.
- If soap and water are not available, use an alcohol-based hand sanitizer.

Let's all do our part to prevent the flu from coming into our school.

The Fairfield Warde School Nurses