

## Packanack Lake Elementary School

Important Phone Numbers:

**ABSENT/TARDY-** (973) 633-3170- PRESS 1    **SCHOOL NURSE-** PRESS 2

Dear Parents/Guardians,

In an effort to safeguard your child's health and the health of all the children in our school, please adhere to the following suggestions to help stop the spread of infection among students and staff. These guidelines should be used as a reference point to aid in making a sound decision as to when your child should stay home from school.

**COUGH AND COLD-** Child should stay home if he/she is too uncomfortable to complete his/her work. Child should also stay home if he/she has a persistent or severe cough or runny nose. This is especially true of the younger ones who cannot blow and wipe their own noses.

**STREP THROAT-** Child may return to school 24-48 hours after the first dose of antibiotic therapy has been started, provided the child is feeling well enough to attend and does not present with other symptoms.

**FEVER-** Child may return to school when his/her temperature has been normal for 24 hours without a fever reducer, such as Tylenol or Advil.

**VOMITING/DIARRHEA-** Child should be symptom free for 24 hours and be able to hold down food and fluids before returning to school.

**SKIN RASHES-** If your child exhibits a skin rash of undetermined origin, please consult your physician and provide a note from the Doctor before sending the child to school.

**CHAPPED LIPS-** Your child may have lip balm in school to use when needed.

**COUGH DROPS-** Your child may bring cough drops as needed, along with a note from the parents stating it is okay for them to have them in school. This note must be brought to the nurse's office.

**HANDWASHING-** This is the **BEST** way to prevent the spread of germs and disease. Children frequently touch **EVERYTHING!!** As they hold hands, play, and learn. During the day they are instructed to cover their cough, keep fingers and things out of their mouths, and when and how to wash their hands. **Please reinforce this at home.**

If your child has seen a Physician for any of the conditions, or has been out of school for more than 3 days, please provide a note from the Doctor to return to school.

**Please remember to call the school if your child will be absent and include the reason for absence as this helps to track what illnesses we should watch for.**

**HOMEWORK REQUESTS SHOULD NOT BE LEFT ON THE ATTENDANCE LINE**

Should you have further questions, please feel free to contact me. Thank you in advance for your cooperation.

Aimee Bongiovanni, R.N.  
Packanack School Nurse