



Alpha Public School Health Office

Phone: 908-454-4137

Welcome to Alpha Public School. We are looking forward to a healthy and happy school year! Please remember, the more informed the school nurse is the better care your child will receive as well as the whole school community.

Some helpful Health Office Hints:

- If your child is going to be absent or late, please leave a message on the absentee line 908-454-5000.
- When you call your child in absent- please include the following information:
 - Child's name, teacher, reason for absence.

If your child is out with an illness- please, please, please include symptoms (rash, fever, cough, sore throat, vomiting, etc...), this way I will know if "something is going around" the classroom or school.

When you are questioning whether to send your child to school or not, please keep the following guidelines in mind.

- **Fever-** A temperature greater than 100 F is considered a fever. Your child should be fever free, without the use of fever reducing medication, for 24 hours before returning to school.
 - **Vomiting and Diarrhea-** Your child should be symptom free for at least 12 hours before returning to school.
 - **Rash-** A rash is usually a sign of a viral illness. It may also be a reaction to a medication or chemical (plant or detergent). If your child has an unusual rash or it is associated with a fever – contact your doctor. Keep your child home until you have discussed the rash with your doctor.
 - **Cold, sore throat, cough** – Children average six to eight colds per year. Your child may attend school if there is no fever. If cold and cough symptoms are associated with a fever or they do not readily improve, call your doctor.
- **You know your child best:** please use your best judgment. If you're still not sure, please call me- I am happy to be another set of eyes and ears to look at or listen to your child.

If your child has anything contagious (i.e. chicken pox, Fifth disease, strep throat, conjunctivitis, impetigo, MRSA, measles, pertussis, etc.), I need to know so we can take the necessary steps to prevent an outbreak.

If your child has head lice, please let me know. I can help, I've been there!

If your child is being treated for an illness (pneumonia, bronchitis, ear infection, asthma), even if they don't need the medication at school, it is helpful for me to know, so I can provide the best care for them at school.

If you have any questions, please don't hesitate to call or email the nurse.