

Academy Independent School District

Tonya Drake, RN
(254)982-0024

E-mail tonya.drake@academyisd.net

Dear Parent/Guardian,

The importance of regular school attendance cannot be over-stressed; however, there are times when a student should stay home for their own protection and to prevent exposure to others. Please read the following guidelines for all students.

Do not send your child to school if he/she feels ill and has a fever (oral temperature of 100 degrees or more) or if they had a fever in the late evening the day before. The student should be **fever free** without the use of fever-reducing medications for **at least 24 hours** before returning to school.

Do not send your child to school if they have nausea/vomiting or diarrhea during the late evening, during the night or after arising that morning. They should be **free of any vomiting or diarrhea for at least 24 hours** before returning to school. During this time they need extra rest and fluids to prevent dehydration.

If your child has an infection that is being treated with antibiotics (ex. Strep throat, pink eye, rash or sores) they will be contagious for at least 24 hours after the first dose and therefore needs to miss at least the next day of school. Remember with any infection it is important to take all medication as directed.

Although many children have received the chicken pox vaccine, there are still some who will contract the illness. It is important that they remain out of school once the blister "break out" 10-21 days after the exposure to the disease. Symptoms include slight fever and small red spots topped by a small clear blister (they often first appear on the scalp/face and then on the body).

Optimal learning requires good emotional and physical health. Should you need any information or assistance concerning your child's health, please feel free to contact your school nurse.

Elementary School Nurse- Tonya Drake, RN
Intermediate School Nurse-Susan Bond, LVN
Middle & High School Nurse-Karen Waggy, LVN