Athens Area School District
100 Canal Street
Athens, PA 18810
Phone: (570) 888-7766

Notes from the School Nurses



When to Stay Home From School

If your student becomes ill during the school day, the following general guidelines will be used by school staff to determine if student should be sent home

- Fever of 100° F or greater
- Vomiting or diarrhea
- Contagious illness such as chickenpox, strep throat, impetigo, scabies, etc.
- Undiagnosed rash
- Injury/accident requiring care of parent/guardian
- General discomfort such that the student cannot participate in class
- Other concerns determined by school staff

Please keep your student home if they are sick!

Keep your student home if any of the following:

- **Fever** is the body's way of destroying the germs making it sick, and it's a common symptom of infections. Keep your children home if their temperature is 100° F or higher. Wait until children are fever-free for 24 hours WITHOUT a fever reducing medication before letting them return to school.
- **Sore throat** can be a symptom of strep or a common cold. If your child has been diagnosed with strep throat, keep your child at home for at least 2 doses of antibiotics or 24 hours after starting antibiotics. If your child has a mild cold, (sore throat with no fever) it is okay to go to school.
    - A persistent productive cough may be a sign of contagious conditions such as whooping cough, viral bronchitis, pneumonia, influenza or croup and may need medical evaluation.
- **Cold/Flu** → symptoms include: fever, muscle aches, fatigue, sore throat, cough, runny nose, hot flashes/chills, headache, etc. Your child should stay home if experiencing two or more of these symptoms.
- **Diarrhea** is often the result of infection, food poisoning, or a side effect to medications like antibiotics. If your child is not having pain, is not having diarrhea frequently (2 or more in 24 hours) and can make it to the bathroom and wash hands well after using the bathroom, they can come to school.



- **Vomiting** is another way for the body to rid itself of the germs making it sick, and is usually caused by a stomach virus or stomach infection. Keep children home if they've vomited twice or more in the last 24 hours. They can return to school when they are symptom free and tolerating fluids.
- **Rashes** generally are okay to attend school, as long as the child can comfortably participate in school activities. You can call the school nurse to assess if you are concerned. *If there is a fever with the rash, keep your child home!*
    - **Chicken Pox** - They must stay home until all pox are scabbed over. Inform the school as cases are reported to the Department of Health.
    - **Impetigo** - A bacterial skin disease caused by strep or staph. Blister-like lesions quickly develop into crusted sores which are irregular in outline. They must stay home until lesions are treated with antibiotics for at least 24 hours or lesions are crusted over.
    - **Hand Foot and Mouth** - A virus that may cause fever, mildly painful ulcers in the mouth, and/or small water blisters or red spots on the palms of the hands, soles of the feet, between the fingers and toes, and buttocks (usually 5 or fewer blisters per extremity). They can attend school unless a fever is present or child is unable to maintain good hygiene or consistently drooling
    - **Scabies** - Intensely itchy skin rash caused by a mite. Children must be excluded from school and must be seen by a doctor to obtain effective treatment and permission to return to school. They will still have itching and rash for several weeks.
    - **MRSA infections** - They may return as long as on treatment from a doctor and any drainage from a wound can be covered.
    - **Ringworm** - A fungal infection of the skin commonly found on the scalp, feet, trunk, face, limbs, and genital areas. Appears as a round, reddened lesion with a raised border that clears in the center as it enlarges. You should consult a doctor. They may return to school after treatment has begun.
- **Pink Eye** (Conjunctivitis) → If bacterial, exclude from school for 24 hours after starting appropriate medication (antibiotic) and until pus-like discharge has stopped.
- **Lice** → We do not exclude from school, per the Pennsylvania Department of Health. Once identified, we notify the parent and the expectation is that they be combed out, **treated** and return to school the next day.

Mandated Immunizations

- School Vaccination Information for Parents (English)
- School Vaccination Requirement Fact Sheet (English)



Medications

- Medication(s) must be delivered to the school by a parent/guardian.
    - If a child brings medication to school, it will be returned home.
- Medication must be in the original pharmacy-labeled container.
- Parents are encouraged to bring emergency medications into school on the first day (EpiPens, inhalers, etc.) so that they are available for the child if needed!
- A **medication permission form must be signed** by the parent/guardian when a medication is brought in.
- A **doctor's order is required** for any medication to be administered in school.
- Medications must be picked up by the parent/guardian at the end of each school year
    - If medications are not picked up by a parent/guardian within one week after the last day of school, the medication will be disposed of accordingly.
- If medication is still required during school hours for the following year, the process must be completed again:
    - Medication delivered in original pharmacy-labeled container by parent/guardian
    - New permission form signed by parent/guardian
    - Renewed doctor's order form

Health Requirements to Attend School in PA

- Physical Exam
    - Kindergarten, 6th, and 11th grades
    - New students
- Dental Exam
    - 1st, 3rd, and 7th grades
    - New students
- Updated immunization record - ALL GRADES
    - Evidence of completed immunizations is required before starting kindergarten, 7th, and 12th grades.
    - These requirements allow for the following exemptions: medical reason, religious belief, or philosophical/strong moral or ethical conviction.
        - Even if your child is exempt from immunizations, he or she may be excluded from school during an outbreak of vaccine preventable disease.
- Questions?
    - Health Requirements to Attend School in PA
    - Frequently Asked Questions
    - Refer to school nurse contacts below for any unanswered questions!

Health Concerns

Please contact the school with updates regarding your child's health status (ex: surgeries, medications, allergies, illnesses, new diagnoses, and other conditions) that may affect your child's school performance. Also, **inform the school of changes in contact telephone numbers so that you can be promptly reached if there is a problem**.

THANK YOU!!!

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