

SAN MATEO/FOSTER CITY SCHOOL DISTRICT
1170 Chess Dr. Foster City, CA 94404

We coordinate with the San Mateo County Department of Public Health in protecting children from certain symptoms of communicable diseases. If your child has any of these symptoms, please keep him/her home, or make appropriate child care arrangements.

- ♥ **APPEARANCE, BEHAVIOR** - unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child from school.
- ♥ **EYES** - thick mucus or pus draining from the eye and "pink eye" (conjunctivitis).
- ♥ **FEVER** - temperature of 100 degrees Fahrenheit or higher. Child must be fever free (without fever reducing medication) for 24 hours before they are able to return to school.
- ♥ **GREENISH NOSE DISCHARGE, AND/OR CHRONIC COUGH** - should be seen by a health care provider. These conditions may be contagious and require treatment.
- ♥ **SORE THROAT** - especially with fever or swollen glands in the neck.
- ♥ **DIARRHEA** - 3 or more watery stools in a 24 hour period especially if the child acts or looks ill.
- ♥ **VOMITING** - vomiting 2 or more times within the past 24 hours.
- ♥ **RASH** - body rash, especially with fever or itching. Diaper rashes, heat rashes and allergic reactions are not contagious.
- ♥ **EAR INFECTIONS WITHOUT FEVER** - do not need to be excluded, but the child needs to get medical treatment and follow up. *Untreated ear infections can cause permanent hearing loss.*
- ♥ **LICE, SCABIES** - children may not return to school until they have been treated and are free of lice and nits. Children with scabies can be admitted after treatment has been completed.

***IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, YOU WILL BE CONTACTED TO PICK UP YOUR CHILD.**

Remember:

- Bringing a child to school with any of the above symptoms puts your child, other children and staff at risk of getting sick.
- If all parents keep their sick children at home, we will have stronger, healthier, and happier children.
- While we regret any inconvenience this may cause, in the long run this means less missed work days and less illness for parents too.
- HAND WASHING is still the number one way to prevent the spread of germs.

THANK YOU,
San Mateo Foster City School District NURSES