

HEALTH INFORMATION  
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Welcome to Salem Pre School! Nancy Olen, our Parish Nurse at Salem has put together the following recommendations for keeping our school and your child healthy while at Pre School.

1. Immunization Records: Please turn in the immunization records as soon as possible. An excellent web site to check on immunizations and availability of them is: [www.vaccineinformation.org](http://www.vaccineinformation.org).
2. School Absences: Here are some tips that can help you decide whether to keep your child home from school:
  - a. Here is a web site that may be helpful if you have questions about whether or not to send your child to school: [www.moundsvIEWSchools.org/pdf07/IsMyChildWellEnoughToGoToSchool.pdf](http://www.moundsvIEWSchools.org/pdf07/IsMyChildWellEnoughToGoToSchool.pdf).
  - b. If your child complains of not feeling well, but otherwise has no definite symptoms, your child can likely attend school.
  - c. Fever is a symptom of illness and indicates that the body is battling an infection. A child with a fever greater than 100.5 needs to stay home from school until the fever is gone, and the temperature is normal for 24 hours without medication. If the fever does not resolve in 3 days, call your doctor.
  - d. Rashes alone are not reason to keep a child home from school. But any rash associated with trouble breathing or swallowing, fever or ill appearance, should be evaluated by your physician. Rashes that are itchy or scaly may be contagious and should also be evaluated.
  - e. Cough alone should not prevent your child from attending school unless it interferes with the child's sleep or ability to participate in activities. If the cough is productive, with phlegm, keep the child home and call your doctor.
  - f. Stool problems do sometimes require that a child stay home. This is especially true of diarrhea, where the frequency is often many times a day. Diarrhea that is accompanied by fever, pain or vomiting needs to be evaluated.
  - g. A child who is vomiting, even without diarrhea, needs to be kept at home. They can return to school when they tolerate a normal diet.
3. Head Lice: Your child is at greatest risk of getting lice if they come in contact with anyone who already has head lice. Head to head contact is the common way to get it. However, they can also get it from an infected person's clothing or personal items such as brushes and combs. Head lice cannot jump or fly! Scalp itching is the most frequent symptom of lice. An excellent web site is: [www.health.state.mn.us/divs/idepc/diseases/headlice/index.html](http://www.health.state.mn.us/divs/idepc/diseases/headlice/index.html)
4. Absences of more than one day: Please contact the school if your child will miss more than one day and if your child's illness is diagnosed as a communicable or contagious illness.
5. Allergies: Please advise us if your child has an allergy. If they need special medication, such as an Epi-Pen we need to know that. We will do our best to communicate to other parents who may bring food for special occasions. We are very committed to preventing peanut and latex allergies.

6. The flu: A fever above 100, a cough, sore throat and stuffy nose are common signs of the flu. Diarrhea, vomiting, body aches and headaches may accompany.

Hand washing is the single most important way to keep you and your family healthy. Happy hand washing!