



Northern Suburban  
Special Education District

## NSSSED HEALTH GUIDELINES

Dear Parents and Guardians:

NSSSED takes pride in the close individual attention our students receive in all areas of their school day. Each program requires a team effort if this is to be effective.

To provide a healthy school environment for all children and staff, the following guidelines have been prepared to assist you in decisions relating to your child's health and school attendance. If your child is not feeling well and you are uncertain about sending him/her on any given school day, it is best to keep him home and observe him for further symptoms. You, as the parent, are the best observer.

When you make the decision to keep your child home, please notify the classroom teacher that your child will be absent and the nature of the illness (temperature, sore throat, runny nose, etc.).

- COLDS:** Student needs to remain at home if he/she has an excessive runny nose, thick or colored nasal discharge, excessive coughing, elevated temperature, or is too uncomfortable to function in the classroom setting.\*
- CHICKEN POX:** Student may return to school 7 days after rash appears; all blisters must be crusted
- VOMITING & DIARRHEA:** If a student has vomited once and or has a liquid stool twice in a day, he/she needs to remain at home until vomiting/diarrhea subsides for 24 hours and no other signs of illness exist.
- EAR INFECTIONS:** Student needs to be observed at home if he/she has significant ear pain and/or has fever.
- EYE INFECTIONS:** Redness, drainage, swelling and/or watery eyes require assessment to rule out conjunctivitis (pink eye) or possible eye injury. A note from the doctor regarding contagious status and treatment needs to be provided upon return to school.
- INJURIES & SURGERIES:** Parents need to contact program nurse when a child has surgery scheduled or has emergency treatment. An authorization to return to the educational program will need to be completed and signed by your physician.
- LICE:** Student will need to be treated at home and may return to school after treatment. (We will follow district of attendance policy.)
- RASHES:** Student is to remain at home with any undiagnosed skin eruption/rash or present a doctor's note stating rash is non-contagious.
- STREP THROAT:** Student needs to have received antibiotic treatment for a full 24-hours before returning to the classroom if there is a positive throat culture.
- FEVER:** Student needs to be fever-free without the use of fever-reducing medication for at least 24 hours before returning to school.

\*Some students may experience a runny nose and/or mucous secretions as a result of a chronic condition. The NSSSED nurses will provide the site nurses with the above information and assist them in decision-making, if necessary, regarding attendance.

If you have any questions concerning these guidelines, please call me at 847-831-5100 ext. 2239.

Sincerely,

Ingrid Thompson, RN, BSN, IL/NCSN  
Coordinator of Health Services