

Dear Parents,

Our goal is to keep our school a healthy environment—for our students, staff and visitors.

This information is a guide to help you determine when to keep your child home from school. Please contact your family doctor or [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) for complete medical information.

<b>Illness</b>	<b>Symptoms</b>	<b>Exclude from School</b>
Chicken Pox	- Fever, blister type rash	- Stay home when spots first appear and for 5 days afterwards
Cold	- Fever, running nose - Slight cough	- Stay home 24-72 hours
Ear Infection	- Possible fever - Pulling on ear - Ear pain	- Ear infections are not contagious - Send your child to school when they feel able
Flu	- Fever or vomiting	- Stay home for 24 hours after symptoms have subsided
Hand, Foot and Mouth Disease	- Spots on palms of hands, fingers, and soles of feet - Sometimes on buttocks - Lasts for 7-10 days	- Stay home until all blisters dry up
Impetigo	- Crusty rash on face, arms, legs	- Stay home for 24 hours after the first dose of antibiotics
Lice	- Itchy head - Small nits that are hard to remove from the hair shaft	- Stay home until treated and all nits are removed
Pink Eye	- Thick discharge from one or both eyes	- Stay home for 24 hours after the first dose of antibiotics
Rashes	- Red spots anywhere - Can be measles, chickenpox, allergies, impetigo	- Stay home until the doctor says it is not contagious
Sore Throat	- Fever, red throat - Hurts to swallow	- If strep throat, stay home for 24 hours after the first dose of antibiotics