



## HEALTH POLICY

We would like to emphasize the importance of working together so that all our students stay as healthy as possible. If one child comes to school sick, the illness spreads quickly to other students and the staff as well as family members.

For this reason, please keep your child home if he/she has any of these symptoms and seek medical care if problem persist:

- Fever, vomiting or diarrhea within the last 24 hours
- Nasal discharge that is profuse or colored
- Red, inflamed eyes, unless determined non-infectious by a Doctor
- Body rash, unless determined non-infectious by a Doctor
- A cough which is severe or persistent
- Less than 24 hours of being on an antibiotic

**Reminder: Your child must be “fever free” or “vomit free” for 24 hours without medicine (Motrin, Tylenol or Advil) before they can return to school.**

If a physician diagnoses your child with a contagious disease such as chickenpox, strep throat, or pink eye, please keep your child home and notify the school nurse as soon as possible. This information will help us identify new cases early and reduce the spread of illness.

If you discover your child has lice please treat and notify the school nurse immediately. If live lice are discovered at school the student must be picked up and treated. If nits are discovered at school the student will be allowed to stay in school for the remainder of the day but must be treated before returning to school. When the student returns to school they must be checked and cleared by the nurse.

Thank you for your cooperation and helping to keep our schools healthy.

### School Contacts

Carmel River Elementary School- Melissa Anderson, LVN (831.624.4609)  
Tularcitos Elementary School- Ludmilla Nelson, LVN (831.620.8195)  
Captain Cooper Elementary School- Carolyn Sinclair, Health Aide/ Health Specialist Name (TBD) (831.667.2452)  
Carmel Middle School- Courtney Day, Health Aide/ Health Specialist Name (TBD) (831.624.2785)  
Carmel High School- Kristin Quilty, Health Aide/ Health Specialist Name (TBD) (831.624.1821)  
Carmelo Child Development- Health Specialist Name (TBD) (831.624.8047)