

If your child is home ill from school remember to call the school and inform the school staff that your child is ill and please share what your child's symptoms are. That way, if necessary, the principals can share any information regarding absenteeism with local health departments.

Good reminders to implement if your child is ill:

- encourage fluids to keep your child hydrated
- offer a clear liquid diet or a BRATTY (bananas, rice, applesauce, tea, toast yogurt) diet until nausea has subsided
- treat symptoms with over the counter medicines. The Pharmacist at the drug store can offer assistance. Do not use aspirin with children and teens as it is associated with Reye's syndrome
- please remember to make alternative child care arrangements as necessary to keep your child home while he/she is ill if the adult needs to return to work, grocery shop, etc.

Emergency warning signs that your child/family member needs medical attention:

- fast breathing or trouble breathing
- bluish or gray skin
- not drinking enough fluids
- severe or persistent vomiting
- not waking up, or not interacting, confusion, dizziness
- being so irritable that the child does not want to be held
- or flu-like symptoms that improve but then return with a fever and become worse over time.

**If you need to take your child to the doctor's office or the hospital, try to call ahead to see if there is an alternative entrance you should use rather than the high traffic areas.*

If you should have any further questions or concerns, you may contact your school nurse or health care provider. Parents/guardians may also contact the diocesan school nurses, Maureen VerVaet, RN, 574-904-0233, or Beth Clemans, RN, 574-904-1490. You may also contact your local county health departments:

- Allen County: 260-449-7561
- Elkhart County: 574-523-2283
- Marshall County: 574-935-8565
- St. Joseph County-South Bend Office: 574-245-6656 or 574-235-9783
Mishawaka Office: 574-256-6223 or 574-256-6230