

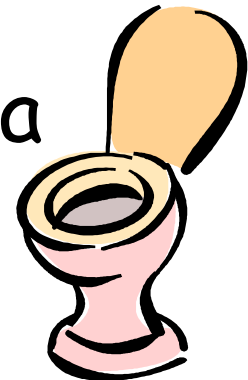
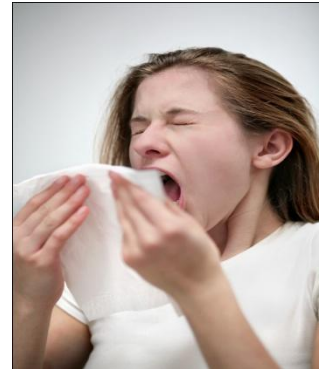
When to come to school vs. when to stay home





Stay home with:

- A fever of 100 degrees or more. A fever along with a rash, earache, sore throat, or nausea, may indicate a highly contagious infection.
- A persistent, productive cough and wheezing together with a thick or constant nasal discharge.
- Continuous vomiting and diarrhea during the previous night.



Stay home with:



- An undiagnosed rash especially coupled with a fever and behavioral changes
- Untreated "Pinkeye" in which there is a white or yellow discharge, often with matted eyelids after sleep, and eye pain, redness or itching.
- Head lice. AAE enforces a "No Nit" policy; students can not return until all lice eggs are treated and removed.



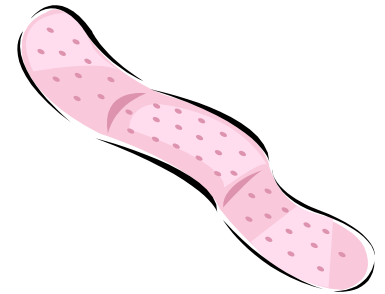
Don't stay home just because you have:

- Sniffles, a running nose and a mild cough without a fever. It could be an allergic response to dust, pollen, chalk or seasonal changes.
- Vague complaints or aches, pains, or fatigue.
- A one time only episode of diarrhea or vomiting without any other symptoms.

When to stay in class

Teachers can handle :

- Minor scrapes and cuts (yes, paper cuts)



Wash with cool water and mild soap, apply

- **Blisters** (if closed and filled with clear fluid, cover with



When to stay in class



Teachers can handle :

- **Bloody nose**

Ask teacher for Kleenex and pinch nose. Most stop in 30 sec. to 1 min. Then go to bathroom and wash hands and face then return to classroom. **Bleeding longer than 5 minutes, ask to come to health office.**

Stay in class for

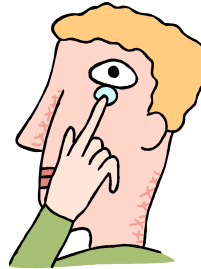
Minor headache, stomachaches, cramps



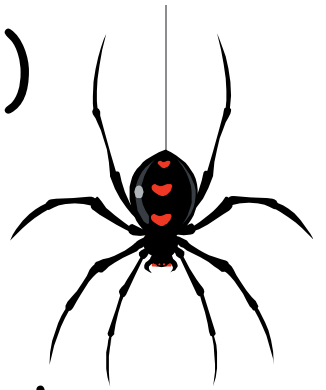
Tell teacher and ask to go to bathroom, get a drink of water, and put your head down on desk for 15 minutes. If not better, then ... come to the office

Come to the HEALTH OFFICE FOR THE FOLLOWING:

- Any head injury
- Any musculoskeletal injury
- Nosebleeds after 5 minutes of applying pressure
- Major scrapes and cuts
- Eye injuries/infections
- Skin rashes



- Fresh insect bites(ant, bee, spider...)
- Stomach aches after bathroom use, vomiting, and /or diarrhea
- Headaches after resting for 15 minutes or recurrent problem



- Persistent symptoms (cold/flu, stomach ache or headache)



- Dental pain or injury
- New cast/crutches



- Returning to school after serious illness/hospitalization/communicable disease (bring doctor's note)

Significant illness- Call nurse or come to health office with assistance

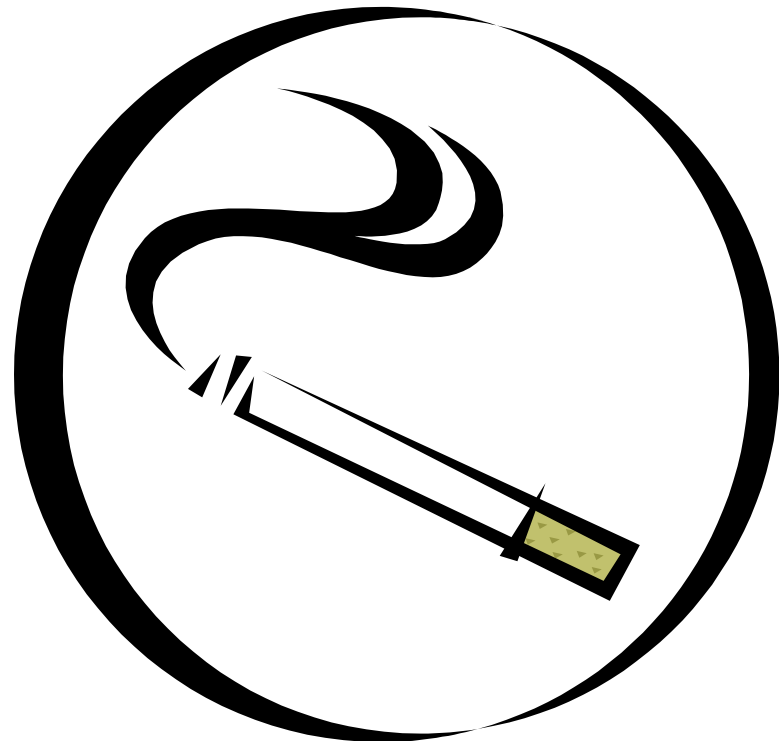
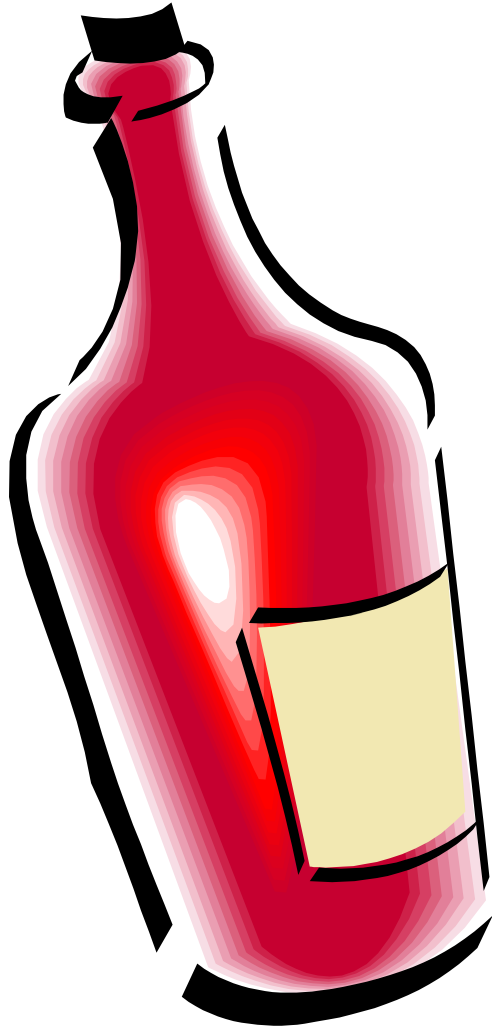
- Difficulty breathing/asthma attack
- Seizures
- Chest pain
- Symptoms of allergic reactions (rash, swelling, shortness of breath)
- Diabetic student with high or low glucose

What's OK in your backpack

- **Sunscreen**
- **Chap Stick**
- **Cough drops**
- **Hand lotions or body creams**
- **Non medicated eye or contact solutions**



What's NOT OK on campus




What's NOT OK on campus

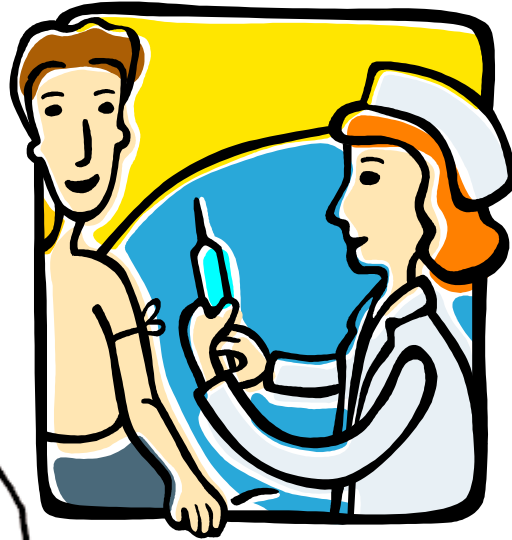
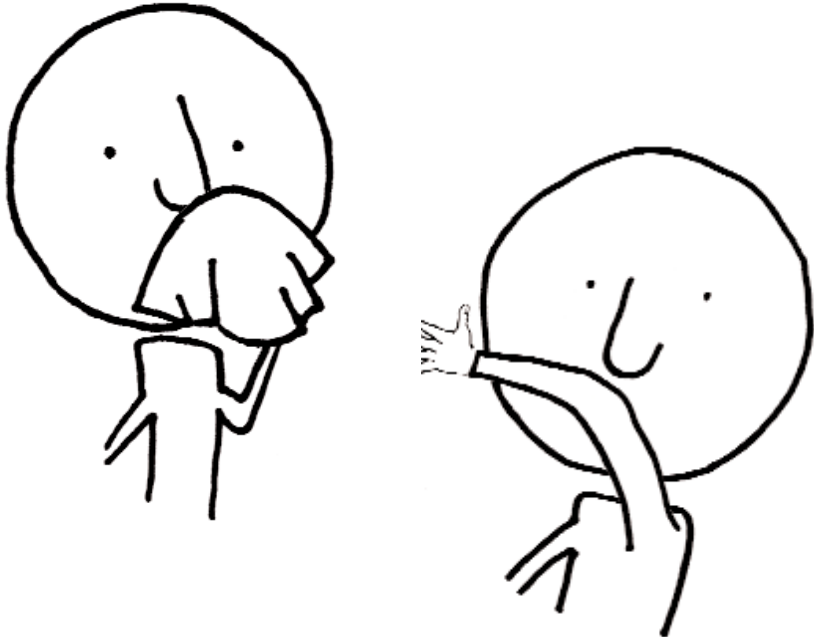


Medications both prescription and “over the counter” unless you have turned in a San Bernardino Country Medication form. It is now available on line at (www.lewiscenter/aae under Nurse's Corner/Ready for school as well as in the health office in C building and main office.

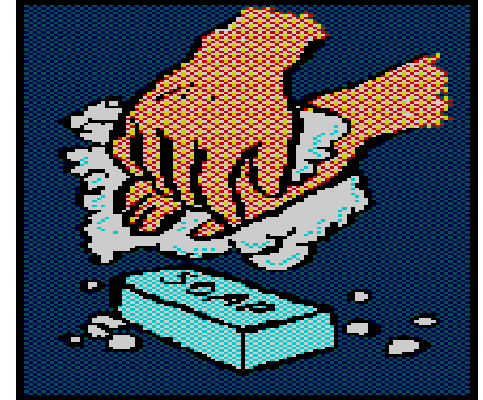
Ways to stay healthy

-  10-12 hours/night

- Get your shots



Wash your hands



Eat right

