

PINE VALLEY CENTRAL SCHOOL DISTRICT
District Offices/Elementary School:
7755 Rt. 83 South Dayton, NY 14138
JR. /Sr. High School:
7827 Rt. 83 South Dayton, NY 14138

Tips for Parents from the School Health Office

Many parents/guardians ask, "When is my child sick enough to stay home from school?"
This is not always an easy question to answer! We hope that these tips can help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

You should not send your child to school if he/she has the following:

- Fever (temperature greater than 100 degrees orally) in the past 24 hours. Children should be fever free for 24 hours (without the use of medication) before they return to school
- Vomiting within the past 24 hours
- Diarrhea within the past 24 hours
- Severe sore throat
- Conjunctivitis (Pink Eye) (must have had antibiotic drops/ointment for 24 hours before returning to school)
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night
- Head lice – until your child has been treated according to the nurse or doctor's instructions

If your child becomes ill at school and the school nurse feels the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is not appropriate for ill children to spend the day in the health office. Please be sure someone is available to pick up a sick child within 30 minutes. It is essential that the school nurse have a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. Please notify the school immediately if your daytime or emergency phone number changes during the year.

The CDC recommends that the Influenza Vaccine be given to everyone. Each person six months or older should get a flu vaccine each year. Vaccines should be given as soon as available and continue through March and beyond.

The COVID-19 vaccine is recommended for all who are eligible.

Please call the Elementary Health Office if you have any questions or concerns.

Thank you,
PVCS Elementary School Nurse
Phone: 716-988-3291 ext. 3220
Fax: 716-296-3041