**Health and Wellness Reminders from CCSD Health Services**

More information can be found at The Colorado Department of Public Health and Environment (CDPHE**)**

[**How Sick is Too Sick? /**](https://drive.google.com/file/d/1RcdCmU4SYXwmVhJrA3Pyk0gP0MTDClkF/view)[**(¿Qué tan enfermo es demasiado enfermo?)**](https://drive.google.com/file/d/1mAL-0nkDw-m5nMgsC4shIgxtTbazovLT/view)

The best way to remain healthy and prevent illness from spreading is through *good handwashing habits* (washing hands for 20 seconds with soap and warm water after using the bathroom, blowing nose, sneezing/coughing, and before/after eating), *getting vaccinated for preventable diseases*, and *staying home when sick!*

**Stay home when sick!**

* If your student is not feeling well enough to take part in their usual activities, due to illness symptoms, they should stay home.
* If your student needs to be picked up from school, have a plan in place to pick them up as soon as possible.

**Fever**

* Defined as a body temperature over 100.4° F.
* Students may return to school *after* being 24 hours fever-free without the use of fever-reducing medication such as Tylenol (acetaminophen) or Motrin (ibuprofen).

**Vomiting/Diarrhea**

* Students may return to school 24 hours *after* the last episode of vomiting and/or diarrhea unless it is caused by an illness that requires them to stay home longer.
* If your student has a medical condition that causes them to have a baseline of spit-up, reflux, or loose stools regularly, notify your school nurse, so we can best support your student's success.

**Cough**

* Remind students to cough into their elbow, this helps keep the hands clean from illness and can decrease the spread of illness.
* Keep your student home if the cough is severe or uncontrolled.
* If a cough lasts longer than 2 weeks, we encourage checking in with your healthcare provider.

**Lice**

* Signs of lice:
	+ Itching of the scalp, presence of live lice, eggs attached to the hair shaft, and/or small pinpoint scabs at the base of the hairline.
	+ If *live* lice are present, students may remain in school until the end of the school day; however, they cannot return until *after* receiving an approved pediculicide treatment per CDPHE guidelines.
* Reminder: lice is a nuisance and not a public health concern.
	+ This means it is not a reportable infectious disease, as it does not spread disease.
	+ It is *not* due to poor hygiene habits.
	+ We do not send notification letters home when cases of lice are present.
	+ We do not perform routine classroom-wide lice checks.

**Vaccines**

* Many childhood/school-aged illnesses can be prevented by receiving routine vaccines. Talk with your provider or school nurse for more information.

Wishing all students, parents/guardians, and staff a healthy school year!

Cherry Creek School District Health Services Department