



Binghamton City School District

Health Services

Date _____, 20__

Dear Parent/Guardian:

Your child has had a possible exposure to the condition checked below. Please contact your health care provider as needed, and school nurse, if your child has any of the signs/symptoms listed below.

- Chickenpox**-varicella virus- also causes shingles. **Symptoms:** fever, fatigue, no appetite, headache before rash appears. **Rash**-stomach, back and face first, can occur in mouth, ears, around eyes and groin. Itching, crusting and crusts fall off-about one week for entire process. **Contagious:** several days BEFORE rash appears, until all eruptions have scabs. **Exclusion:** may not return to school until fever free for 24 hours without medication, no further eruptions, and current rash has formed scabs. Prevention: varicella vaccine
- Conjunctivitis (pink eye)** - **Symptoms:** Pink or red color in the white of the eye(s), watery, itchy eyes. Discharge from the eye(s), crusts on eyelids/lashes. **Treatment:** see medical provider, can be viral, bacterial or allergic. Wash hands frequently, wash face several times a day, warm washcloth. Wash pillowcases, washcloths and towels. Do NOT share eye makeup.
- Head Lice**- **Symptoms:** itching scalp, presence of nits or live lice. Over the counter medicated shampoos-follow directions, repeat as indicated. **Do not use a combination shampoo/conditioner, or conditioner before using lice medicine. Do not re-wash the hair for 1-2 days after the lice medicine is removed. These measures may reduce the effectiveness of the lice medications.** Comb, pick off, nits-as they could hatch later on-resemble dandruff, but are firmly attached to the hair. Students return to school after treatment and inspection by the nurse for live lice, and a decrease in number of nits. (Continue to remove nits/eggs.) Health office has more information regarding treatment.
- Impetigo** - **Symptoms:** red sores on the face, near nose/mouth, diaper area-sores burst-develop honey-colored crusts. **Treatment:** antibiotic ointment to prevent the spread of impetigo to others. **Exclusion:** until 24 hours after you begin antibiotic treatment.
- Strep Throat** - **Symptoms:** can include sore throat, fever, stomachache, swollen glands, diffused red rash (scarlet fever), headache, nausea and fatigue. **Treatment:** MUST be treated with antibiotics to kill the bacteria, complete entire prescription or some of bacteria may continue to reproduce. **Exclusion:** fever free for 24 hours without medication, and completed 24 hours of antibiotic.
(This can develop into more serious conditions if medication is not used as directed.)
- Ringworm** - **Symptoms:** itchy, round red area on skin, progresses to scaly crusted edges. It can develop anywhere on the body, including the scalp. **Treatment:** anti-fungal cream. (Scalp ringworm requires other treatment, see health care provider.) **Exclusion:** can be until treatment has begun with anti-fungal medication(s).
- Fifth Disease**- mildly contagious virus. **Symptoms:** red cheeks, lacy rash to arms and legs, mild fever. Rash may come and go for 2-3 weeks. Treatment: fever reduction as needed. **Exclusion:** fever free for 24 hours without medication.
- Hand, Foot, and Mouth Disease (coxsackie)** - **Symptoms:** fever, fatigue, lack of appetite, blisters in mouth, on palms of hands and soles of feet. **Treatment:** fever reduction, mouth rinses to soothe sores. **Exclusion:** fever free for 24 hours without medication.

Fever: **do not** use any products containing aspirin for a fever in children.