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## **CITY OF MANCHESTER**

### *Health Department*

Dear Parents/Guardians:

Because we spend more time inside with windows and doors closed during the winter months, illness can quickly spread in schools. Children who arrive at school sick should **NOT** remain in school while they are sick. A child with a fever should not come to school until his/her temperature is normal (about 98.6 degrees) **for a minimum of 24 hours without fever reducing medication.**

Here are some guidelines to follow:

**Colds:** Please remind your children about frequent hand washing and covering their mouths when they cough and sneeze. Children should not come to school tired and listless.

**Diarrhea and vomiting:** If your child has vomited or experienced diarrhea during the night, please do not send him/her to school that morning. They should be symptom-free for 24 hours before returning to school.

**Chickenpox:** Please notify the school nurse if you suspect that your child has chickenpox. Children with chickenpox should remain out of school for about 7 days, or until all lesions are crusted.

**Strep, sore throat and scarlet fever:** Students should be treated by a health care provider and may not attend school until he/she is on antibiotics and without a fever for at least 24 hours.

**Caution:** Do not give aspirin or products containing salicylates (aspirin) during chickenpox, flu, and colds. This may cause Reye's Syndrome, which can lead to neurological, liver, spleen, pancreas, heart and kidney damage.

We are here to provide excellence in school health services for your children. It is extremely important for the school health office to have on file current emergency telephone numbers where you can be reached. Also, please keep the school nurse informed of any changes with your child's health condition. Thank you.

Janine Kerouac RN & Pat McBride RN

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School Nurse