

PARENT LETTERS

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**SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR CHICKEN POX**

Dear Parent:

Your child was seen for an itching rash. The symptoms your child is exhibiting resemble those of chicken pox. We cannot diagnose this and would recommend verification with your family physician.

Should chicken pox be confirmed your child will be allowed to return to school once all the blisters are dry and scabbed over and no new ones are appearing and the child is fever free for 24 hours.

THINGS TO KNOW:

Individuals with chicken pox should not take aspirin.

Chicken pox is spread by direct contact with the fluid in the blisters or items contaminated with the fluid.

Also spread by contact with the secretions from the nose, mouth and throat of an infected individual.

Dry scabs are not infective.

DO AT HOME:

There are several over the counter products that may be used to reduce itching, your pharmacist will be able to assist you with specific information.

**SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR CONJUNCTIVITIS**

Dear Parent:

Your child was seen for irritation to one or both eyes. The symptoms your child is exhibiting resemble those of conjunctivitis (pink eye). We cannot diagnose this and would recommend verification with your family physician.

Should conjunctivitis be confirmed your child will be allowed to return to school after eyedrops ordered by your physician are used for 24 hours.

THINGS TO KNOW:

Pink eye is easily spread from child to child, so if one child in your family has pink eye, the other children may get it as well.

The white of your child's eye can also be red from chemicals in swimming pools, dust or having allergies to certain substances. This redness is not considered pink eye.

The State Department of Health Services requires children with contagious pink eye not to be allowed in school without treatment.

DO AT HOME:

Wipe the discharge from the eyes as often as needed by using a clean cotton ball rinsed in warm water.

Be sure to use a new cotton ball for each eye if both are affected.

Wash your hands after touching your child's eye and have your child wash his/her hands often as well.

Be sure towels and washcloths used by the child with pink eye are not used by other family members.

Do not share makeup with a child positive for pink eye and recommend discarding any of their previously used eye makeup as not to reinfect themselves.

HINTS FOR EYEDROPS:

Lay child flat on the bed or sofa

Pull lower lid down and away from the eye

Drop medicine in the pouch of the lower lid

Let child close eye to spread drops

**SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR MEASLES (RUBELLA)**

Dear Parent:

Your child was seen for a fever with rash. The symptoms your child is exhibiting resemble those of measles. We cannot diagnose this and would recommend verification with your family physician.

Should measles be confirmed your child will be allowed to return to school once the rash is no longer evident for seven days and the student is fever free for 24 hours.

THINGS TO KNOW:

The child should not be near any pregnant or possibly pregnant women.

Measles are spread by contact with secretions from the nose, mouth and throat of an infected individual.

Contagious secretions may be on surfaces or in infected droplets in the air.

Child is contagious seven days before the rash appears to seven days after the rash appears.

DO AT HOME:

Parent should alert their family physician of any rash illness before transporting to a health care facility.

This is usually a mild illness.

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5HEALTH SERVICES

PARENT NOTIFICATION LETTER OF HEAD LICE

Dear Parent:

This is to notify you that there have been a few positive cases of lice in our school. There is not an epidemic of lice infestation at this time.

Please examine your child hair for the next two weeks.

Signs to watch for:

1. Grayish tan insects the size of a sesame seed.
2. Nits or eggs that are tiny and tear shaped attached to the hair shaft (generally found above the ears and at the base of the neck).
3. Severe itching of the head.

If you believe your child has evidence of lice, we recommend you contact your health care provider, pharmacist, or the health services office at your school. We are a “nit free” school.

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5
PARENT INFORMATION LETTER FOR HEAD LICE

Dear Parent:

We regret to inform you that today, during our regular head lice screening program, we have observed that your child has an infestation. School policy requires that your child be sent home for treatment. (Policy JHCC 1, Legal Ref: A.A.C. R9-6-339) He or she may return when the treatment is completed and the child is free of lice and nits.

Head lice affect more people than all other childhood communicable diseases not including the common cold. But like a cold, when children come in close contact with each other, it is easy to pass head lice along. Shared hats, clothing, brushes, pillows and other personal articles are perfect vehicles to transfer lice from one person to another. It is important to act immediately to prevent their spread to other classmates and to your family as well.

Diagnosis of head lice is generally made when lice eggs (called nits), which are fastened to the hair shaft, are clearly evident. Nits are teardrop in shape and also very small, only about 1/32 of an inch. They are "glued" to the hair and cannot be washed or brushed out like dandruff. Clusters of nits may be found in any section of the hair, but they are more apt to be behind the ears and at the nape of the neck.

The treatment is simple. You may purchase a lice-killing product at your local pharmacy or grocery. No doctor's prescription is required. The school does not recommend a specific product, but any one of these may be purchased. The four leading brands are: Pronto, Rid, A-200 or Nix. After you have completed the shampoo treatment and removed all the nits, sign the attached statement below and have your child return it with proof of treatment to the school health office. (The top of the shampoo carton showing brand name should be used as proof.)

Thank you for your help.

Sincerely,

Detach here and return

Attention: Health Staff

I have treated my child's hair with a lice-killing product on ___/___/___ and I am enclosing this box top as proof of treatment.

Parent signature _____

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR IMPETIGO

Dear Parent:

Your child was seen in the Health Office for sores on the skin. The symptoms your child is exhibiting resembles impetigo. We cannot diagnose this and would recommend verification with your family physician.

Should impetigo be confirmed your child will be allowed to return to school once treatment has begun as recommended by your physician and any exposed sores are covered.

THINGS TO KNOW:

Impetigo often follows other skin problems such as itchy skin rashes, cuts and scrapes of the skin.

Your child can spread impetigo by scratching a sore and getting the bacteria under the fingernails, then scratching another part of the body that has an open sore.

Bathing daily and washing hands frequently especially after restroom use can help to keep your child from getting impetigo.

DO AT HOME:

Treatment of impetigo usually requires two steps:

1. Removal of the scab
 - a. Soak the sores with warm water.
 - b. Remove the crust or scab that has formed by using an anti-bacterial soap and a rough washcloth. (This step hurts somewhat but is necessary to apply the anti-biotic ointment below the crust since the germs live beneath it).
 - c. One removal is usually sufficient, but if the scab builds up again it is necessary to repeat the process.
 2. Application of anti-bacterial ointment
 - a. Apply ointment and then cover with a bandage.
 - b. Make sure you wash your hands after touching your child's sores.
- This should be done at least three times daily until condition is cured.
For more severe infections anti-biotics may be prescribed.

**SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR MRSA
Methicillin-resistant Staphylococcus Aureus**

Dear Parent:

This is to inform you that MRSA (methicillin-resistant Staphylococcus aureus-staff infection) has been identified in your child's classroom. Students with confirmed MRSA will be allowed to return to school after treatment prescribed by your physician is used and your student has a Dr's release.

SIGNS AND SYMPTOMS:

~A sore, pimple or boil which can be red, swollen, painful, or have pus to other drainage. May look like a spider bite or infected cut or scrape. An infected wound which may be draining.

THINGS TO KNOW:

~Many individuals may not have sores or other signs and symptoms but may be colonized with MRSA. That means the bacteria are present on the individual's skin or in the nose but are doing no harm to the individual.

DO AT HOME:

~DO not squeeze or "pop" boils or pimples. Cover with a clean, dry bandage and refer to a health care provider for diagnosis and treatment. Sores must be covered and bandaged to remain at school.

~Sores are contagious as long as sores are draining

~Transmission is from direct contact with sores or contaminated hands. Also items that have come in contact with discharge from sores such as bandages, face clothes, tissues or diapers. It is not usually transmitted through the air.

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR MUMPS

Dear Parent:

Your child was seen for a fever with swelling in the lower jaw area. The symptoms your child is exhibiting resemble those of mumps. We cannot diagnose this and would recommend verification with your family physician.

Should mumps be confirmed your child will be allowed to return to school once the swelling subsides (9 days from the onset) and the child is fever free for 24 hours.

THINGS TO KNOW:

Child is contagious seven days before symptoms appear to nine days after.

Complications of the disease can include painful inflammation of the testes and ovaries, hearing loss and inflammation of the joints.

DO AT HOME:

Encourage child to drink fluids as it may be painful to eat or chew.

A cold cloth applied to the swollen area may help relieve pain.

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR MEASLES (RUBEOLA)

Dear Parent:

Your child was seen for a fever with rash. The symptoms your child is exhibiting resemble those of measles. We cannot diagnose this and would recommend verification with your family physician.

Should measles be confirmed your child will be allowed to return to school once the rash is no longer evident for four days and the child is fever free for 24 hours.

THINGS TO KNOW:

Measles are spread by contact with secretions from the nose, mouth and throat of an infected individual.

Contagious secretions may be on surfaces or in infected droplets in the air.

Contagious four days before to five days after rash appears.

DO AT HOME:

Parents should alert their family physician of any rash illness before transporting to a health care facility.

Keep room dim for eyes can be sensitive to light during illness.

Snowflake Unified School District No. 5
Health Services
Parent Information Letter

March 16, 2000

Dear Parents/Guardians:

Recently, there have been several cases of rashes in our school district. Local doctors have diagnosed these rashes as "Fifth's Disease". Below, we have included information for you regarding this disease, and what signs and symptoms you should watch for in your own child(ren). Please do not send your child(ren) to school if they have any flu-like symptoms, including a fever. If your child is symptom free except for the rash, they may remain at school. If you have questions, please feel free to call me at 536-4156 ext. 353.

Kim Stevens
District Health Supervisor

Fifth Disease
(erythema infectiosum, parvovirus B19 infections)

What is fifth disease?

Fifth disease is a mild, usually non-febrile (without fever) illness caused by parvovirus B19. Although severe complications resulting from this illness are rare, persons with chronic blood disorders who also get fifth's disease may develop an inability to form new blood cells. Additionally, if a woman gets the disease during pregnancy, the virus can infect the unborn child, which may result in death of the fetus.

How do you get it?

The virus spreads by exposure to secretions or droplets from the nose and throat of persons with the disease. Anyone can get fifth disease, but it occurs most commonly in children of elementary school age. Susceptible pregnant women who have had contact with persons with the disease, and persons with red blood cell disorders should consult with their doctor.

What are the symptoms of fifth disease?

Fifth disease initially starts with a low grade fever and fatigue. A striking red rash which looks much like a slap mark, commonly appears on the cheeks. A fine, lace-like rash may then appear on the body. Sometimes the rash may be itchy. Some children may have mild signs of illness or no symptoms at all.

When do symptoms start?

The symptoms usually begin 1 to 2 weeks after exposure to the virus.

For how long is a person contagious?

A person with fifth disease is most contagious about 1 week before the onset of the rash. Once the rash starts, it probably cannot be spread to others.

What is the treatment for fifth disease?

At this time, there is no specific treatment for fifth disease, except that medications can be prescribed to help relieve symptoms. In rare cases, blood transfusions may be required.

If you get fifth disease once, can you get it again?

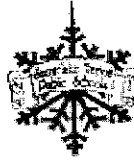
It is thought that people who have had fifth disease develop long-term immunity. Studies have shown that about 50% of adults have immunity to fifth disease.

Should a person infected with fifth disease be excluded from work or school?

No. A person with fifth disease should not be excluded from work or school. However, any outbreaks (two or more cases) should be promptly reported to the Health Department.

How can you keep from getting it?

Susceptible women who are pregnant should avoid exposure to persons infected with the disease. Pregnant women with sick children at home should be advised to wash hands frequently and avoid sharing eating utensils. Health care workers should be careful to follow approved infection control measures.



Snowflake Taylor Public Schools

Dear Parent/Guardian,

This is to inform you that Impetigo has been identified in your child's classroom. Students with confirmed cases will be allowed to return to school when treatment has begun as recommended by your physician, and exposed sores are covered.

SIGN AND SYMPTOMS: Skin sores, which may have a honey-colored, gummy, crusty or blister-like appearance. Most often seen around the nose and mouth, or on the buttocks of a diapered child and is often itchy.

THINGS TO KNOW:

Impetigo is contagious as long as untreated sores are present.

Incubation Period: 4 – 10 days

It is spread by direct contact with sores, or contaminated hands. Also items that have come into contact with the discharge from the sores such as face cloths, tissues, shared toys, books, ect. Sharing or direct contact with these items should be avoided.

DO AT HOME:

It is very contagious. Stress careful hand washing, and sanitation procedures. All paper towels, tissue, bandages, and gloves must be disposed of immediately after use. Contaminated clothing, bed and bath linens should be used only once then laundered in hot water.

If you have any questions please contact the Health Technician at your child's school.

Kim Stevens, R.N.
District Nurse Supervisor

682 School Bus Lane Snowflake, AZ 85937
Phone: 520-536-4156 Fax: 520-536-2634



Dear Parent/Guardian,

Your child was seen for a rash with itching/fever. The symptoms your child is exhibiting could be communicable. We cannot diagnose this and recommend verification with your family physician.

Should a communicable rash be confirmed, your child would be allowed to return to school once you have obtained a freedom from communicable disease note from your doctor, and /or treatment prescribed by your physician has been used for 24 hours.

If you choose to not have your child treated by a physician, he/she may return to school after signs/symptoms are gone.

Things to Know

Don't ignore rashes they can be a symptom of something more serious.

If a rash occurs suddenly, with swelling, fainting and or difficulty breathing.....Call 911

Do at Home

In many rash symptoms Benedryl is recommended for itching and discomfort. Prior to administering any medication follow up with your family physician.

682 School Bus Lane, Snowflake, AZ 85937
Phone (928) 536-4156 Fax (928) 536-2634

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR RASH

Dear Parent:

Your child was seen for a rash with itching or fever. The symptoms your child are exhibiting could be communicable. We cannot diagnose this and would recommend verification with your family physician.

Should a communicable rash be confirmed your child will be allowed to return to school once you have obtained a freedom from communicable disease note from your physician and the child is fever free for 24 hours.

THINGS TO KNOW:

Don't ignore rashes they can be a symptom of something more serious.

If a rash occurs suddenly, with swelling, fainting and or difficulty breathing.....CALL 911

DO AT HOME:

In many rash symptoms Benedryl is recommended for itching and discomfort. Prior to administering any medication follow up with your family physician.

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR RINGWORM

Dear Parent:

Your child was seen in the Health Office for a rash irritation of the skin. The symptoms your child is exhibiting resembles that of ringworm. We cannot diagnose this and would recommend verification with your family physician.

Should ringworm be confirmed your child will be allowed to return to school once treatment has begun as recommended by your physician and the exposed sores are covered.

THINGS TO KNOW:

Ringworm can be caught from your cat or dog.

Ringworm is not a worm, but an infection caused by a fungus.

DO AT HOME:

Do not allow child to let others wear his/her clothes or hats unless washed first.

Except for a bath, keep your child's skin dry; as wet skin makes the rash worse.

Keep your child's fingernails clean and cut short.

Veterinary assistance may be sought in obtaining treatment for household pets.

SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES PARENT
INFORMATION LETTER FOR RESPIRATORY SYNCYTIAL VIRUS (RSV)

Dear Parent:

This is to notify you that Respiratory Syncytial Virus (RSV) has been identified in your child's school. Lori Patterson, M.D., pediatric infectious disease specialist offers the following information on RSV.

Q. What is Respiratory Syncytial Virus or RSV?

A. RSV is a virus that causes an infection of the lungs and breathing passages. It is very common in children beginning in the late fall and continuing through the spring and is potentially serious for young children and infants.

Q. My children experience cold and flu-like symptoms each year through time spent with other children at day care and elementary school. What are the specific signs and symptoms of RSV?

A. Symptoms include a stuffy or runny nose, cough, and a general feeling of being ill. In children younger than 3 years, symptoms may include wheezing, abnormally rapid breathing, poor feeding, and fussiness.

Q. My family has children of different ages, and they attend different schools and day care programs. How can I prevent my children from passing RSV back and forth between them?

A. Because RSV spreads in fluids from the nose and throat of an infected person, it is best to wash your hands after coming in contact with anyone who has a cold or a known RSV infection. Also, it is wise not to touch your nose or eyes after contact with someone with RSV as the virus could enter your body through either of these two areas. And whenever your school-age child comes down with a cold, keep him or her away from an infant sibling until the symptoms pass.

Q. At what point should I take my child to the physician?

A. Call your child's physician with any of the following symptoms: fever above 101 degrees; cough that last more than a few days; chest pain; difficulty breathing; very rapid breathing; bluish or gray color of the lips skin or fingernails; or lethargy. and allow us to take the best possible care of your child. Please do not send children to school with fever over 100 degrees, or with severe coughing or sore throat. If your child has any signs or symptoms of RSV, we recommend you contact you health care provider and the health services of your school. School notification is important to reduce exposure

**SNOWFLAKE UNIFIED SCHOOL DISTRICT #5 HEALTH SERVICES
PARENT INFORMATION LETTER FOR SCABIES**

Dear Parent:

Your child was seen for an itching rash. The symptoms your child is exhibiting resemble those of scabies. We cannot diagnose this and would recommend verification with your family physician.

Should scabies be confirmed your child will be allowed to return to school 24 hours after initial treatment with physician recommended medicated lotion or ointment.

THINGS TO KNOW:

Scabies spread easily.

Scabies hatch from eggs.

The itching and rash from scabies usually starts four to six weeks after the first contact with scabies.

Overuse of the medicine may cause a rash. So read all directions carefully.

DO AT HOME:

Check all the people in your household. Usually everyone in close contact with scabies must be treated.

Wash all bedding and clothing in hot water. Dry at high heat or in the sun. For items that cannot be washed, put away for four days or in the sun. Scabies die from high temperature or from being off the body after this length of time.