

HEAD START of LANE COUNTY

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“Ensuring that our youngest children have a solid foundation for life.”

A NOTE FROM OUR HEALTH CONSULTANT

Dear Parents,

In order for us to prevent the spread of illness, if it appears that your child does not feel well or may have a contagious disease, please contact your health care provider. If we suspect that your child has a communicable disease, we will contact your child's physician for further instructions. If your child is seen by their physician we will need you to bring a note telling us what the illness is, the treatment prescribed and whether it is safe for your child to return to childcare or school.

PLEASE FOLLOW THE GUIDELINES BELOW. IF YOUR CHILD HAS ANY OF THESE SIGNS OR SYMPTOMS PLEASE KEEP HIM/HER AT HOME AND NOTIFY YOUR HEALTH CARE PROVIDER. IF YOU DO NOT HAVE A HEALTH CARE PROVIDER, PLEASE LET US KNOW SO THAT WE CAN ASSIST YOU IN FINDING ONE.

1. An oral temperature over 101° - or 100° if taken under the arm.
2. A painful, red throat, even if no fever is present.
3. A deep, hacking cough.
4. * Difficulty breathing or untreated wheezing (call or see your doctor).
5. An unexplained rash.
6. Vomiting (more than one time in last 24 hours).
7. Diarrhea (runny, watery, or *bloody stools).
8. * Complaints of a stiff neck and headache with one or more of the above symptoms (call or see your doctor).
9. Thick green drainage from the nose along with sinus pressure, fever or tiredness.
10. Yellow discharge from the eyes.
11. An unusual yellow coloring to the skin or eyes (call or see your doctor).
12. Cuts or openings on the skin that are pus-filled or oozing (bring a note from doctor and keep sores covered).
13. Lice or nits (ask the Family Support Coordinator for assistance with this issue).
14. A contagious disease. If you know or suspect your child has a contagious disease, please call your child's teacher or the Family Support Coordinator (see your doctor to confirm the disease and receive medication/s if needed).

* This may be serious and warrants an immediate visit to your doctor.

Please feel free to call Val Haynes, Health/Safety Consultant by e-mail at vhaynes@hsolc.org.