親愛的家長/監護人：

#### 請勿送生病學生到學校。

若學生生病，請聯絡學校辦公室通知我們。本頁背面方框為學生不應到學校時的範本。

#### 若學生的症狀與慢性病有關，請聯絡學校並遵從學校慢性病管理政策。

請聯絡健康照護提供者嚴重疾病症狀，包含發燒攝氏39度以上。若需要尋找健康照護提供者，可聯絡地方衛生局。

若學生在學校上課期間需要用藥，請通知學校人員。遵從學校用藥規定。除非另有指示，若學生的疾病需要抗生素，學生必須服用抗生素24小時再回到學校。抗生素對病毒性疾病無效。

欲幫助保護所有學生，若兒童被診斷出下列疾病，請通知學校：水痘、新冠病毒、白喉、大腸桿菌腹瀉、肝炎、麻疹、腮腺炎、百日咳、德國麻疹、沙門桿菌、疥瘡、志賀桿病菌、結核病或依規定的其他疾病。學校將依法保護您的隱私資料。[OAR 333-019-0010]

經同意，學校護士可諮詢醫生關於學生的健康，以保護學生安全、健康及準備好學習。

欲通知學校學生的疾病，請撥打 [phone number] 。

欲聯絡學校護士或衛生局，請撥打 [phone number] 或寄送電子郵件[email] 。

## 何時應讓學生在家？

註：這些是學校指示，並非醫療建議。若有健康疑慮，請聯絡醫生。

\* 以下的列表指最短必须呆在家的时期。学生因为某些疾病必须呆在家更久。

|  |  |
| --- | --- |
| **學生的症狀或疾病** | **學生可回到學校的時間\*** |
| **發燒**：口溫超過38度 | 未服用退燒藥至少72小時未發燒。 |
| **皮疹**或開放性瘡 | 疹子消失；瘡已乾燥或能完全被繃帶包住；或有醫生指示交給學校護士。 |
| 新**咳嗽**疾病 | 一般來說，無症狀72小時。若被診斷出為百日咳（哮喘咳），服用5日份的處方抗生素，或地方公共衛生機構確定。若被診斷出為新冠病毒，有地方公共衛生機構指示。 |
| **腹瀉**：一天內3次稀便或水便**或**最近無法控制腸蠕動 | 48小時無症狀。 |
| **嘔吐** | 48小時無症狀。 |
| **頭痛**伴隨落枕及發燒；**或**最近有頭傷 | 無症狀或有醫生指示交給學校護士。 |
| **黃疸**：（新）眼睛或皮膚變黃 | 經醫生或地方公共衛生機構指示交給學校護士。 |
| **紅眼或眼屎**：黃色或棕色眼屎 | 紅眼及眼屎消失**或有醫生指示交給學校護士**。 |
| **莫名行為異常：**異常倦睏或煩躁**或**頭傷後行為異常 | 恢復正常行為後**或有醫生指示交給學校護士**。 |
| **重大健康事件**，例如手術**或**持續2週以上疾病 | 醫生指示交給學校護士後。 |
| **學生的健康情況需要的照護超過學校人員能安全提供的範圍** | 學生安全措施就緒後。 |

Dear Parent/Guardian:

**DO NOT SEND AN ILL STUDENT TO SCHOOL.**

Please call the school office to notify us if your student is ill. The box on the back of this page gives examples of when your student should not be in school.

**If your student’s symptoms are related to a chronic condition, contact the school and follow school policies for chronic condition management.**

Please contact your health care provider about serious illness, including any fever of 103°F or higher. If you need help in finding a health care provider, you may contact your local health department.

Notify school staff if your student requires medication during school hours. Follow school protocols for medication at school. Unless otherwise instructed, if your student’s illness requires antibiotics, the student must have been on antibiotics for 24 hours before returning to school. Antibiotics are not effective for viral illnesses.

To help protect all students, please notify the school if your child is diagnosed with any of these diseases: *chickenpox, COVID-19, diphtheria, E. coli diarrhea, hepatitis, measles, mumps, pertussis, rubella, Salmonella, scabies, shigellosis, tuberculosis, or another disease as requested.* The school will protect your private information as required by law. [OAR 333-019-0010]

With consent, the school nurse may consult with your doctor about your student’s health in order to keep your student safe, healthy, and ready to learn.

To notify the school about your student’s illness, please call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or email\_\_\_\_\_\_.

To contact the school nurse or health office please call \_\_\_\_\_\_\_\_\_\_\_\_\_or email\_\_\_\_\_\_\_\_\_\_\_\_\_.

**When Should I Keep My Student Home?**

NOTE: These are school instructions, not medical advice. Please see your doctor for health concerns. \*The list below tells the shortest time to stay home. Your student may need to stay home longer for some illnesses.

|  |  |
| --- | --- |
| **Student’s Symptoms or Illness** | **Student May Return to School When\*** |
| **Fever**: temperature by mouth greater than 100.4 degrees | No fever for at least 72 hours without the use of fever-reducing medicine. |
| **Skin rash** or open sores | Rash is gone; sores are dry or can be completely covered by a bandage; or with orders from doctor to school nurse. |
| New **cough** illness | In general, when symptom-free for 72 hours. If pertussis (whooping cough) is diagnosed, after taking 5-day course of prescribed antibiotics, or when cleared for return by local public health authority. If COVID-19 is diagnosed, with orders from local public health authority. |
| **Diarrhea**: 3 loose or watery stools in one day OR newly not able to control bowel movements | Symptom-free for 48 hours. |
| **Vomiting** | Symptom-free for 48 hours. |
| **Headache with stiff neck and fever**; OR with recent head injury | Fever-free for 72 hours; symptom-free; or with orders from doctor to school nurse.  |
| **Jaundice**: (new) yellow color in eyes or skin | After orders from doctor or local public health authority to school nurse. |
| **Red eyes or eye discharge**: yellow or brown drainage from eyes | Redness and discharge is gone OR with orders from doctor to school nurse. |
| **Acting different without a reason**: unusually sleepy or grumpy OR acting differently after a head injury | After return to normal behavior OR with orders from doctor to school nurse. |
| **Major health event**, like surgery OR an illness lasting 2 or more weeks | After orders from doctor to school nurse. |
| **Student’s health condition requires more care than school staff can safely provide** | After measures are in place for student’s safety. |