



The Learning Academy of St. Mark's  
*You Are Guided Today, To Lead Tomorrow.*

## Health Suggestions and Guidelines

When your little one is under the weather and has any of the following symptoms, it is school and state policy for them to **stay home** until they are symptom free **WITHOUT MEDICATION** for **24 hours**. If your child has...

- \*A fever within the last 24 hours
- \*Vomiting within the last 24 hours
- \*Diarrhea within the last 24 hours
- \*Nasal and/or eye discharge especially if it is green/yellow in color
- \*Any chills, body aches, sore throat
- \*A bad cough, especially bad enough to keep them from getting a good night's sleep

If your child is out for 3 or more days or has either of the following, a doctor's note will be required in order for them to return to school...

- \*Any kind of rash/reaction on their skin
- \*Head lice- please be sure to notify the school so that we can make other families aware to appropriately eliminate the situation

If your little one gets sick at school, we will contact you and/or their emergency contact to arrange pick up.

We appreciate your understanding and cooperation in these situations. While we totally understand that little ones get sick, we make every effort to contain the illness as quickly and easily as possible. Keeping students and staff healthy and happy is our main goal!

\*Please sign and return one copy to TLA\*

Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

