Nurse Newsletter

BHSC

September 2026

Back to School Reminders

How Sick is Too Sick?

This information sheet is designed to be used as general guidance.
If you have a medical question, please consult your physician.
Please notify the school if your child test positive for any communicable disease including COVID, flu, strep throat, etc.

Symptom	Send to School	Keep at Home
Fever	During the past 24 hours, the student's temperature has been below 100 degrees and no fever reducing medication has been taken.	During the past 24 hours, the student's temperature has been more than 100 degrees.
Diarrhea	During the past 24 hours, no more than one watery stool has occurred.	During the past 24 hours, more than one watery stool has occurred.
Vomiting	During the past 24 hours, no vomiting has occurred. At times vomiting can be caused by anxiety, crying, or coughing, which would not warrant exclusion from school.	A student must be kept at home if there is active vomiting with or without fever, two or more times during a 24 hour period.
Eyes	Eyes may be itchy, but are not red, crusty, or draining.	Eyes are pink/red, draining, crusty, itching, painful, sensitive to light, or student has vision changes.
Cough/Runny Nose	Slight cough or runny nose, but no fever, and the student is able to cover cough, blow nose, and wash hands.	Symptoms are severe enough that the student is unable to learn. The student has a fever, or is unable to cover cough, blow nose, or wash hands.
Rash	Rash is not draining or spreading. The student does not have a fever, and symptoms of itching are not severe enough to impede learning.	Rash is bothersome and distracting. The student has a fever or severe itching, or rash is spreading or draining.
Asthma	Symptoms are well controlled and the student knows when to contact a school adult for assistance or the student has an asthma action plan on file at the school and is following the plan.	Symptoms are not well controlled. The student is not able to recognize when he/she needs assistance, and no asthma action plan is on file at the school.
Lice	Student has been treated and no live lice are present. Eggs may be present. Hair needs to continue to be combed until no eggs are present.	Live lice are present
COVID/FLU	Student is improving with no active fever, vomiting, or diarrhea.	Follow doctor's recommendations Student has fever, vomiting or diarrhea.

Extra

- Please send extra clothes to school with your students for accidents, spills, falls, etc.
- Please make sure you have sent in up-to-date immunization records.
- Medication **must** be brought in by an adult and appropriate paperwork completed for students to receive medication at school. Students may not carry medications with them unless proper paperwork is completed.

Illness Prevention

As students come back to school viruses such as flu, stomach bug, COVID, Hand foot and mouth, etc. spread.

Please Remind your students to:

- Wash hands frequently
- Sneeze or cough into their elbows
- Avoid putting their hands in their mouths, eyes, and noses.
- Not sharing personal items such as cups, utensils, hairbrushes, hats, or food.
- Stay active, drink lots of water, get plenty of sleep and eat a balanced diet.

CONTACT INFO

Maranda Boggess, BSN RN
Health Facilitator
School Nurse Henryville Campus
mboggess@bhsc.school
812-294-7230

Tara Sahibi, BSN RN
School Nurse Borden Campus
tsahibi@bhsc.school
812-967-2548 ext. 2580