



Mystic Valley Regional Charter School

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To All Parents/Guardians:

This letter is just a reminder when to send children to school, and when to keep them at home for their comfort as well as to prevent the spread of infections.

Do NOT send in your son/daughter to school if:

- He/she had a fever in the past 24 hours. A fever is defined as an oral temperature of 100 (under the arm 99 or higher or rectal of 101 or higher). The child MUST be fever free WITHOUT medication. Tylenol and Ibuprofen may bring fevers to normal, but the child is still ill and contagious.
- He/she has vomited in the past 24 hours if they have not seen a doctor.
- He/she has diarrhea in the past 24 hours if they have not seen a doctor.
- He/she has symptoms of strep throat and has NOT been screened by a doctor to rule out strep throat.
- He/she has an unidentified rash
- He/she has any symptoms of a contagious illness (ringworm, conjunctivitis, strep throat, chicken pox, the flu, mononucleosis)

A child may return to school if:

- No fever for 24 hours...that means they should NOT return to school if they had a fever the day/night before!!!
- No vomiting or diarrhea in past 24 hours. Again, if they had symptoms the night before, they should NOT return to school.
- Have had a 24hour dose of antibiotics for step throat or a doctor has determined the child is strep throat free and does not have any of the above symptoms.
- Simple cold symptoms WITHOUT any above symptoms.

If you are unsure if your son/daughter should be in school, please call the school nurse. If your child needs to take medication throughout the school day, bring the medication to the nurse in the original container and fill out appropriate paper work. If it is a prescription medication, a doctor's order form also needs to be sent in.

Thank you,

Maggie Hamilton, RN
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Grades K, 1, 3, 4 and 6

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Grades 2, 5, 7 and 8