



**Buckeye Union School District**  
Nursing and Wellness Program  
Communicable Diseases Information Sheet  
Vomiting, Fever or Diarrhea

Student's Name: \_\_\_\_\_

Date : \_\_\_\_\_

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|--|--|
| <input type="checkbox"/> Blue Oak Elementary 530-676-0164x1830             | <input type="checkbox"/> Rolling Hills Middle School, 916-933-9290 x3030 |
| <input type="checkbox"/> Buckeye Elementary, 530-677-2277x1230             | <input type="checkbox"/> Silva Valley Elementary, 916-933-3767 x2730     |
| <input type="checkbox"/> Camerado Springs Middle School, 530-677-1658x1530 | <input type="checkbox"/> William Brooks Elementary, 916-933-6618 x2430   |
| <input type="checkbox"/> Oak Meadow Elementary, 916-933-9746 x2130         | <input type="checkbox"/> Valley View Elementary, 916-939-9640 x3330      |

Dear Parent/Guardian: **KEEP THIS GUIDE AT HOME AS A REMINDER**

**VOMITING:** If your child is vomiting from illness, they should stay at home until 24 hours free of vomiting. Limit solid food and encourage your child to take small frequent drinks to avoid dehydration. Consider ice chips or use of electrolyte drinks mixed with water as well. Throughout illness, encourage fluids such as water, and limit food to Jell-O gelatin or clear broth - beef or chicken. Or try other fluids such as flat soda, tea, Gatorade, Pedialyte, or diluted apple or white grape juice. Avoid red colored food or drinks so this is not confused with bleeding in emesis. *Watch for signs of dehydration such as dry mouth, no tearing of the eyes, or no urine.* **If your child continues to vomit and it doesn't stop with limiting diet to small sips of drinks or they appear to become sicker, contact your doctor or hospital for further evaluation.** When feeling better, be slow to reintroduce food and start with bland diet –bananas, rice, applesauce, toast or plain crackers.

**FEVER:** If your child has a fever over 100 degrees F, they should stay home until 24 hours fever free *without use of medications.* Encourage fluids (review plan above) to avoid dehydration. **Students with fever at school are sent home.**

**DIARRHEA:** If your child having diarrhea from illness, they should stay at home until 24 hours free of diarrhea. Diarrhea, the passage of loose or watery stool, can occur with a large number of abdominal problems and may happen when your child is vomiting. Review whether or not your child has tried new foods. Monitor your child for signs of dehydration as noted above in the section on vomiting. Similarly, encourage fluids and keep diet bland while symptoms are present. A regular diet may be resumed typically 24 hours after diarrhea has stopped. When in doubt, consult your pediatrician.

Your child's health, and that of all students, is of extreme importance. Having healthy students is VERY important to their overall school success. Ill children should be kept home until they have recovered. Household contacts of sick children may attend school as long as they are not ill. Our school district nurses strongly recommend periodic care and visits to your child's family physician in addition to updated vaccines. Thank you for your understanding.

Best regards from your Buckeye Union School District Nurses,  
Sandra Chavez, RN BSN PHN & Tristan Kleinknight, RN MSN PHN  
[schavez@buckeyeusd.org](mailto:schavez@buckeyeusd.org) & [tkleinknight@buckeyeusd.org](mailto:tkleinknight@buckeyeusd.org)

As many communicable diseases have risen in reporting in the past several years, we strongly urge that you review your child's vaccination status as some of these diseases can cause permanent disability or be fatal. **WHOOPING COUGH, DIPHTHERIA, TETANUS, POLIOMYELITIS, MUMPS, RUBELLA (GERMAN MEASLES), RUBEOLA (MEASLES) and VARICELLA (CHICKENPOX)** can be prevented by immunizations. If your child has not been immunized against them, consult with your family physician or the El Dorado County Department of Public Health 530-621-6100.