

Dear Parents

I am sending this letter because I have a concern I would like to share with all of you. I do my best to keep healthy children in school and sick or recovering children home. I need your help and would like some of you to rethink the use of Tylenol and Motrin.

If your child is complaining that they don't feel good or have a headache, instead of giving medication try a large glass of water, a healthy snack, and maybe a short nap first. Check their temperature. If they are experiencing a low-grade fever, don't give medication right away. Monitor it. A moderate temperature is not a bad thing, but check with your pediatrician to see when they recommend starting fever reducing medication for your child.

I am finding that parents, in their effort to relieve discomfort, are administering Tylenol or Motrin giving the child a feeling of wellness when they are contagious with a viral or bacterial illness. These children are coming to school and spreading their illness to their friends.

Please remember the Williamson County School Policy. If a child has vomiting or fever of 100.5 or more they must stay home until no vomiting and/or fever free for 24 hours without fever reducing medication.

So when you are asking yourself, "Should they stay or should they go?" Look at them, check their temperature, and make sure they are fully recovered and ready to be around their friends again before your answer is "yes."

Thank you,

Tammy Gerome, RN

Kenrose Elementary School