



### ***WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL***

When your child is sick, it is best to keep him/her from school. This not only benefits your child, but other children and staff at school.

#### **What are important signs of illness?**

1. A temperature of 100°F or higher orally – Your child should be fever-free for 24 hours without fever reducing medicine before returning to school.
2. Nausea, stomach ache, vomiting, or diarrhea – Keep him/her home until the illness is over, and for 24 hours after the last episode.
3. Rash or infection of the skin – Children with a rash should see a doctor, as this could be one of several infectious diseases. A doctor's written diagnosis and clearance to return to school is required.
4. Headache, loss of energy, or decrease in activity – These children have difficulty staying focused and retaining information. May return to school when symptoms subside.
5. Cough/cold symptoms – If your child has mild cough or runny nose, with no fever, and feels fairly well, he/she is allowed to attend school. Children with a bad cough and thick, yellow or green discharge from the nose need to stay home, and possibly see a doctor. It could be a severe cold or possibly bronchitis, flu, or pneumonia. A doctor's written diagnosis, clearance to participate in physical education and return to school is required.
6. Earache – Your child needs to see a doctor.
7. Sore throat – A minor sore throat is usually not a problem, however, a severe sore throat could be strep throat even if your child does not have a fever. Other symptoms of strep throat in children are headache, stomachache, or vomiting. He/she can return to school 24 hours after an antibiotic treatment begins and with a physician's written diagnosis and clearance to return to school.
8. Red or pink eyes (Conjunctivitis) – Pink eye is highly contagious and most cases are caused by a virus, which will not respond to an antibiotic. Bacterial conjunctivitis will require an antibiotic. Only a physician can determine the cause and appropriate treatment. Keep the child home until a doctor has given a written diagnosis and clearance to return to school.

### **What should I do if my child has any of these signs or symptoms?**

If your child has any of these signs or symptoms, it is best that he/she stay home. Most childhood illnesses are over soon, however, if the symptoms are severe or persist, you should contact your private physician.

### **When may my child return to school after an illness?**

Generally, your child may return to school when he/she is free of signs of illness. As noted earlier and on the Communicable Disease Policy Notice found in the Health Services Handbook, there are times when it is necessary for your child to see your private physician before returning to school. Call the school nurse if you have any questions regarding a specific condition.

### **What will happen if my child becomes ill at school?**

If your child complains of being sick or does not look well after he/she arrives at school, we will contact you. It is very important that you provide the school with up-to-date information and phone numbers.