

Guidelines for When Your Child is Sick

The following are guidelines for determining whether or not to send your child to school. **If you answer YES to any of these, you should keep your child home for comfort, close monitoring, and preventing the spread of infectious disease to others.**

- Student has a fever 100 degrees F or higher.
- Student vomits at home after school, during the night, or in the morning – should be observed for 24 hours at home.
- A diagnosis of strep throat – student needs to remain at home until he/she has been on antibiotics a full 24 hours.
- Student has unusual bowel movements: more frequent, loose, watery than usual or persistent diarrhea during the day or night – should be observed at home for 24 hours.
- Student has frequent cough which is not controlled.
- Nasal drainage with colored discharge, breathing is difficult due to nasal congestion or drainage.
- Ear pain such as tugging on one or both ears, difficulty hearing, or discharge.
- Eye(s) are reddened with persistent thick drainage/mucus that sticks to eyelashes and lids, eye discomfort.
- Student has an unusual rash, that may or may not be itchy.
- Student does not feel well (such as excessive tiredness, or lack of appetite) enough to take part in normal activities and regular school day.

24 Hours Rule:

- **Fever:** Keep student home until his/her **FEVER** has gone **WITHOUT** medicine for 24 hours.
- **Vomiting or Diarrhea:** Keep the student home for at least 24 hours after **last time he/she vomited or had diarrhea.**
- **Antibiotics:** Keep student home until 24 hours after the first dose of antibiotics for anything like bronchitis, strep infection, or pneumonia.

Student May Be Ready to Return to School When:

- Temperature is below 100 degrees F without fever-reducing medications for at least 24 hours.
- No vomiting for 24 hours or longer and he/she is eating a usual diet for age.
- Bowel movements are of usual frequency and appearance and diet are usual for age for 24 hours.
- Cough is seldom or not at all.
- Nasal drainage is clear and minimal and breathing is normal.
- No longer tugging at the ear, no discomfort or drainage.
- Clear eyes without redness, drainage, or discomfort.
- Rash has been resolved and/or evaluated by the medical providers and documentation provided.

***If any of the above symptoms occur during school hours, you will be called to dismiss your student. **Students are not permitted to stay in the health office room all day because a parent/guardian is working. Please be sure that anyone named on your emergency contact list is readily available and able to pick the student up if necessary.** The names and phone numbers you listed for your emergency contacts must be accurate and update the health office if there are any changes throughout the school year.

Please contact the nurse if your child has: head lice, chickenpox, measles, TB, ringworm, impetigo, strep throat, fifth disease, scabies, etc. The nurse may require a note from the student's doctor upon return to school. Whenever possible, the school nurse will notify parents of a communicable/infectious disease incidence as appropriate.

Thank you for helping to keep all students and staff healthy!