

## ***Sick Children...Send to School or Keep Home?***

### **Go to school**

If your child has any of the following symptoms, they should probably go to school:

- ❖ Sniffles, a runny nose and/or a mild cough without a fever
- ❖ Vague complaints of aches, pains or fatigue
- ❖ Single episode of diarrhea or vomiting without any other symptoms
- ❖ Ear infection without fever- Your child does not need to be excluded, but does need medical treatment. Please keep home if fever or pain is present.

### **Stay at home**

If your child has any of the following symptoms, please keep your child home:

- ❖ Fever- temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free (without the use of fever-reducing medication) for 24 hours before returning to school.
- ❖ Eyes- with thick mucus or pus draining from the eye or pink eye. With pink eye you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness. Your child must receive 24 hours of antibiotics and/or doctor approval before returning to school.
- ❖ Sore Throat with fever or swollen glands in the neck. Your child may return to school after 24 hours of antibiotic with strep throat.
- ❖ Vomiting- two (2) or more times within the past 24 hours.
- ❖ Diarrhea- three (3) or more watery stools in a 24-hour period, especially if the child acts or looks ill.
- ❖ Rash with fever or itching. Heat rashes and allergic reactions are not contagious.
- ❖ Chicken Pox-Children must stay at home for five (5) days after the onset of blisters, or until all pox are scabbed over and dry.

If your child shows any of the above symptoms at school, it will be necessary to pick him/her up from school.

Dear Parent,

It is often difficult to make a decision about whether or not your child is sick enough to stay home from school. Enclosed are some guidelines that may be helpful for you.

Many illnesses are easily spread, both in school and in the family. Keep in mind that hand washing is the single most important thing that you can do and teach your child to do to help prevent the spread of infections.

If you bring a child to school with any of the symptoms listed on the attached page it puts other children and staff at risk for getting sick. If all parents keep their sick children at home we will have stronger, healthier and happier children.

When there is any doubt in your mind about sending your child to school, consult your child's doctor before doing so. A phone consultation may be all that is necessary, or your child's doctor may need to see the child in the office.

While we regret any inconvenience that this may cause, in the long run this means fewer lost work and school days and less illness for everyone.

Thank you for your cooperation.

Sincerely,

School Nurse