



# KELSO SCHOOL DISTRICT

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## **SHOULD MY CHILD BE AT SCHOOL WITH THIS ILLNESS?**

Here are guidelines for sending your child to school. If you have questions, please call the health specialist at your school or your health care provider.

### **COLD, SORE THROAT, COUGH**

Your child **may** go to school when he or she has **ALL** of the following:

- Only mild cold symptoms, or no cold symptoms.
- Normal temperature (under 100.4 degrees) for 24 hours or more.
- Enough energy to do school work.
- Can keep from spreading germs by washing their hands, throwing away used tissues, coughing onto their sleeve, and coughing away from other people.
- Has been taking antibiotics for MORE than 24 hours (or is not taking any antibiotics).

Your child **may NOT** go to school when he or she:

- Has a fever (temperature over 100.4 degrees) or needs fever-reducing medicine.
- Has swollen glands.
- Has been taking antibiotics for less than 24 hours.

### **VOMITING & DIARRHEA**

Children must stay home for at least 24 hours after vomiting or having diarrhea (3 or more loose stools in a day). They must be able to eat and drink before coming back to school.

### **FEVER**

Your child must have a normal temperature (under 100.4 degrees) for 24 hours without fever-reducing medicine (such as Tylenol) before returning to school.

### **HEADACHE**

A child should stay home if their headache is bad enough that they cannot do school work, or if they also have other symptoms, such as fever.

### **EARACHE OR TOOTHACHE**

A child does not have to miss school because of an earache or a toothache if they are getting medical care, have no other symptoms such as fever, and feel well enough to do school work.

### **RED EYES**

Keep your child home if the white part of the eye is red and there is yellow or green crusty or gooey stuff in the eye.

### **RASH**

Keep your child home if they have a rash over a large part of their body or if the rash is oozing or if it is contagious.

**Thanks for helping to keep all our children healthy!**