



**MVTHS Nurse's Office**

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## **Send Home-Stay Home Guidelines**

The following are some guidelines you may use when deciding whether to keep your child home or to send him to school. The school staff and school nurse will use these guidelines when determining whether your child should be sent home from school. If you are unsure, call your child's healthcare provider.

### **Fever**

Fever is generally defined as a core body temperature of 100.4° or greater (not 104°). **A reading of 100**

**° or more with any thermometer is a fever.**

Your child should be without fever for a full 24 hours, **without fever-reducing medication**, before returning to school. This is because sick children often do not develop fever until the afternoon or evening. If your child has fever, **do not** give a fever-reducing medication (Tylenol, Advil, etc.) then send him to school.

### **Vomiting**

If your child vomits in the morning, observe him for at least 1 hour before sending him to school. If he has no further episodes and is able to eat a light meal, he may go to school. If he has a second episode, keep him home. Your child should be free from vomiting episodes **for a full 24 hours** prior to returning to school.

### **Diarrhea**

A child with one episode of mild diarrhea may be able to go to school, but if he needs to go to the toilet more frequently than usual due to loose stools, he should stay home. Vomiting and diarrheal illnesses are extremely contagious, so make sure he washes his hands with soap and water after toileting and before eating. Your child should be free from diarrheal episodes **for a full 24 hours** prior to returning to school.

### **Sore Throat**

Most sore throats occur due to a mild viral illness and will self-resolve. If a child has no fever and does not feel otherwise ill, he may attend school. If the sore throat is accompanied by other symptoms such as headache, stomachache, and/or rash, he should see his healthcare provider to rule out strep throat or other illnesses.

### **Runny Nose or Cough**

Most runny noses and coughs are due to mild viral illnesses which will self-resolve. If the child has no fever and feels otherwise well, he may attend school. If your child is sick enough to sleep extra hours during the day due to his symptoms, he should stay home. This typically occurs during the first 2 or 3 days of an illness. If his runny nose or cough lasts longer than 10-14 days or worsens instead of improving, he may need to see his healthcare provider.

### **Red or Runny Eyes**

Bacterial conjunctivitis ("pink eye") is a contagious infection of the lining of the eyeball and eyelids. Symptoms are redness of the white of the eye, swelling of the eye or eyelids, and discharge which is typically cloudy or yellowish-green. If your child wakes up with his eyelids "glued together" with discharge, call your doctor and keep your child home. Careful hand washing is essential with bacterial conjunctivitis. If it is conjunctivitis they may return to school after they are treated for 24 hours.

### **Rashes:**

**Scabies** is a common, very itchy rash caused by a mite burrowing under the skin surface. Small bumps or raised lines are visible on the forearms and hands, and on the trunk and groin area. Often other family members have it as well. Your healthcare provider should see your child if you suspect scabies. If diagnosed with scabies, upon return to school, your child must bring a note from the doctor as proof of treatment.

**Impetigo** is a contagious superficial skin infection which looks like a crusty yellowish scab or sometimes a large blister. It can be seen anywhere on the skin, but is often found around the nostrils and lips. Your healthcare provider should see your child if you suspect impetigo.

**Staph Infection/MRSA** are commonly seen in school-aged children. Usually it manifests as a pink or red, firm, very sore area. It may or may not have a "head" on it. Your child's healthcare provider should see your child if you suspect a staph infection. **Upon return to school please provide proof of treatment and lesions must be covered.**

**Fifth's Disease** is a common viral rash which causes bright red cheeks ("slapped cheek disease"), followed by a pink, flat, lacy-appearing rash on the upper arms and tops of the thighs. Most children feel well with it, and once they develop the rash, they are no longer contagious. **They may attend school.**

**Ringworm** is not a worm it's a contagious infection caused by a fungus. Symptoms are small, red, raised, scaly spots that are itchy and grow in a circular pattern. Ringworm can be treated with anti-fungal creams, over the counter, such as Tinactin, Micatin or Lotrimin. **Your child may return once ringworm treatment has begun and it must be covered.**

**This covers some, not all, conditions that may require your child be sent home. Our school nurse's goal is to keep your child in school at their optimal health. Please call your school nurse with any questions or concerns.**

Thank You,

MVTHS Nurse's Office