



## When Should Your Child Stay Home From School?

The school environment can often be a source for the spread of viral and bacterial illnesses. The following guidelines will help you determine when to keep your child home.

**FEVER:** A Temperature of 100 degrees F or higher is an indication that your child could be contagious. Giving a child Acetaminophen (Tylenol) or Ibuprofen (Motrin/Advil) will bring the temperature down and make them more comfortable, but will not prevent them from passing their illness on to others. Your child may return to school when he/she has been fever free for 24 hours without the use of fever reducing medications.

**SEVERE SORE THROAT/COUGH:** Especially when accompanied by swollen glands in the neck, headache or fever.

**VOMITING:** Vomiting within the past 24 hours. Your child may return to school after resuming a normal diet.

**DIARRHEA:** If your child has had one or more watery stools in the past 12 hours, especially if your child acts or looks ill.

**EYE DRAINAGE:** Eyes are sometimes swollen and irritated by allergens or viruses. Because of the extremely contagious nature of Bacterial Conjunctivitis (Pink Eye) in young children, please consult with your health care provider before sending your child to school with thick mucus or pus draining from the eye, or if the eye is red, puffy, extremely itchy or painful. If diagnosed with Bacterial Conjunctivitis, students may return to school after they have begun treatment.

**RASHES:** A rash on the trunk of the body, especially with fever and/or severe itching. If your child has been diagnosed with a "non-contagious rash", they may return when they are comfortable enough to focus on school.

**HEAD LICE:** Please notify the nurse if you suspect that your child has head lice. If your child has been treated for head lice, please have them check in with the nurse before returning to class.

**COMMUNICABLE DISEASES:** If your child was treated with antibiotics for an illness, he/she may return to school after **24 hours** of treatment. Please notify the nurse of any illness that may have been contagious.

**\*A note from a student's health care provider is required whenever a student has had a significant illness (Bronchitis, Pneumonia, Flu, Mononucleosis, Whooping Cough etc.), surgery or injury (fracture, concussion or sprain), where restrictions from physical education/recess/sports is warranted or if they have missed more than 5 days of school.**

Please contact the nurse's office with any questions.

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