



## Sand Springs Public Schools Health Services

### WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

Deciding when a child is too sick to go to school can be a difficult decision for parents to make. When trying to decide, use the guidelines below and seek the advice of your health care provider. Keep your child home if they have any of the following:

- **Fever above 100 degrees:** Your child should be fever free, and off of all fever reducing medication for 24 hours before he or she returns to school. Students returning to school before they are well are more susceptible to illness and may expose others. Please do not give your student medication to treat a fever and then send him or her to school.
- **Sore Throat/Tonsillitis:** A minor sore throat is usually not a problem, but a severe sore throat could be a symptom of a more serious illness. Keep your child home from school and contact your health care provider. If your child is diagnosed with strep throat, he or she may return to school 48 hours after antibiotic treatment begins, or with written permission from the physician.
- **Spots/Rash:** Any skin rash of unknown cause may be contagious and may require medical treatment, especially with fever and/or itching. A physician should be consulted for a diagnosis. You may be asked to present a medical diagnosis from your physician stating that the rash is not contagious (or no longer contagious).
- **Bad Cough/Cold Symptoms:** Children with bad coughs/colds need to stay home, and possibly see their health care provider. When the cough improves and the child is feeling better they may return to school.
- **Eye Inflammation or Discharge:** If your child's eye is red with a cloudy or yellow/green drainage; has matted eyelids after sleep; or eye pain and/or redness, you should keep your child home, and contact your child's health care provider. If your child is diagnosed with pink eye, he or she may return to school 24 hours after treatment has begun.
- **Vomiting and/or Diarrhea:** Your child should stay home from school until 24 hours after the last episode.
- **Lice:** Student must be treated with a special preparation for killing head lice (available over-the-counter) and progress made on removing all of the nits. Student may return to school when they are cleared by the school nurse or other designated staff member. Children with nits can be at school, as long as nits are not within ¼ " of the scalp. Children with active lice will be sent home.

In addition:

- Remember to call the school every day that your child will be absent.
- Make sure the school has your current contact information in case your child was to become ill or injured at school.
- Have a plan in place for childcare issues for when your child is ill.
- If your child has a communicable disease, please notify the school.
- In some instances it will be necessary for your physician to provide the school with a medical release before your child may return to school.
- Medications should be given at home if at all possible. If a medication is required during school hours the procedures for medication administration must be followed.