

HOW SICK IS TOO SICK FOR SCHOOL?

Recommendations from the School Nurse

There will be some days when your child will be too sick to attend school. However, sometimes it can be difficult to determine what symptoms are serious enough to warrant school absence. Listed below are guidelines that may be helpful in making the decision to keep your child at home:

- Evidence of a newly developed cold (runny, stuffy nose, coughing, sneezing). The greatest period of contagion is the first 2-3 days after onset of symptoms.
- Elevated temperature/temperature > 100 degrees (38 degrees Celcius) (*must be fever-free for 24 hours without medication before returning to school*)
- Suspicious rash
- Drainage from eyes or ears
- Vomiting within the past 24 hours
- Diarrhea (*within 2 hours before school starts*)
- Any contagious illness (i.e., strep throat, bronchitis, conjunctivitis, etc.)
- Within the first 24 hour period of newly prescribed antibiotics (for infectious illness)
- Any symptom that is severe enough to interfere with learning or disruptive to classroom (excessive coughing, itching, etc.)

COMMUNICABLE DISEASE GUIDELINES

If your child has a contagious illness, please notify the school nurse. Before returning to school, your child may need a doctor's release. Please see below for guidelines:

<u>Disease</u>	<u>Recommended Minimum Absence from School</u>
Chicken Pox	7 days from appearance of first eruption, lesions must be dry/crusted; fever-free
Strep infection	24-48 hours from first dose of medication
Pneumonia	Doctor's release for return to school
Impetigo	24 hours after medical treatment has begun; lesions must be covered at school
Ringworm	Note from doctor that treatment has begun and may return to school
Scabies	Note from doctor that treatment has begun and may return to school
Conjunctivitis	24 hours after medication has begun; no drainage
Head Lice	Treatment with pediculicide; must be checked by school nurse to re-enter.

For any questions, please contact the school nurse.

