

When to stay home from school

Deciding to stay home sick from school is not always easy. How sick is TOO sick? Staying home sick may mean a family member misses work and it ALWAYS means that the student misses valuable classroom time that cannot be “made-up”.

Staying home from school when sick serves two important functions: Allows a student time to rest and recover, and also prevents the spread of illness to others.

Your School Nurse would like your family to use this guide to make the best decision about coming to school with symptoms of illness. If you have any questions please contact your School Nurse.

Fever: A student should remain home with a fever greater than 100 degrees. The student can return to school after he/she has been fever free for 24 hours (**without fever-reducing medicine such as Tylenol or Motrin**)

Diarrhea/Vomiting: A student with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours (without symptom relieving medication).

Conjunctivitis (Pink Eye): Following a diagnosis of conjunctivitis, a student may return to school 24 hours after the first dose of prescribed medication. Please provide a note to the school from the health care provider.

Rashes: Common infectious diseases with rashes are most contagious in the early stages. A student with a suspicious rash should return to school only after a healthcare provider has made a diagnosis and authorized the student’s return to school. Please provide a note to the school from the health care provider.

Colds: A student with thick yellow-greenish mucus accompanied by fever, vomiting, diarrhea, or constant nasal discharge should remain home. Very few younger children can effectively blow their noses and wash their hands afterward. A student with the above symptoms will quickly spread the illness to others.

Strep Throat and other bacterial infections requiring antibiotics: A student with strep throat must remain home until they have been on antibiotics for a full 12- 24 hours (depending on health care provider’s orders).

Scabies: A student may return to school once treatment has been started. Please provide a note to the school from the health care provider.

Students must be fever-free without the aid of fever-reducing medication, such as Acetaminophen or Ibuprofen for 24 hours before returning to school