

Illness Guidelines

It's that time of year again! FLU and ILLNESS time! Here are a few tips on when you should keep your child home from school. These tips are to help in the decision in when you should send or keep your child at home. These are also from the CDC guidelines.

Quarantine Time: The length of time a student needs to be absent from school before returning, after being diagnosed with a certain contagious disease. The following list includes some of these diseases. If your child is ill, please call the school to report the illness.

- **Colds/Coughing:** The student should stay home until no longer coughing or sneezing frequently. If you send cough drops or cold medicine check them in with the school secretary, so we can have a signed permission form in school to administer.
- **Diarrhea and or vomiting:** The student should stay home until they are free from those symptoms for 24 hours.
- **Fever:** If the student has temperature 100 degrees or higher they will be sent home or they should stay home until fever free for 24 hours with no medication.
- **Influenza (AKA the Flu):** May return to school once the student has been fever free for a full 24 hours with no medication and feels well enough to return back to school. Cough and fatigue may last several weeks. Please report this illness to the school nurse.
- **Strep Throat/Scarlet Fever/Scarletina:** The student may return to school once they have been on antibiotics for a complete 24 hours. Please report this illness to the school nurse.