



Too Sick for School?



You do not want to keep a child home if he really is not sick; but you also do not want to send a sick child to school. The following guidelines can be helpful deciding if your child can attend school.

FEVER

- A child with a temperature of 100 degrees Fahrenheit or higher should stay home.
- If you do not have a thermometer but your child's forehead feels hot, or their face is flushed, please keep your child home until his/her temperature can be determined.
- Your child can return to school once he/she has not had a fever for 24 hours.

COLD/SORE THROAT/COUGH

- A child with a mild cold who is otherwise feeling well is O.K. to go to school.
- A child with a severe cold with a deep hacking cough should stay home in bed even if there is no fever.
- A child with a sore throat and body aches, fever, or feeling "run down" needs to stay home and the doctor should be contacted.

RASH

- A rash may be the first sign of illnesses.
- A rash may cover the entire body or may appear in only one area.
- Do not send a child with an unknown rash to school until your doctor has said that it is safe to do so.

STOMACHACHE/VOMITING/DIARRHEA

- A child that has had 2 episodes of vomiting and/or diarrhea in the past 24 hours needs to be kept home for 24 hours after the symptoms resolve.
- Call your doctor for continued vomiting or diarrhea.

HEADACHE

- A child whose only complaint is a headache usually does not need to be kept home.
- Consult with your child's doctor if headaches occur frequently or are interfering with daily activity.

CONJUNCTIVITIS or PINK EYE

- A child with suspected pinkeye should be kept home until a doctor can diagnose. Pink eye can be either bacterial or viral. Your doctor has to evaluate your child's eyes in order to accurately diagnose and treat, if necessary.
- Your child needs to stay home from school until he/she can no longer transmit conjunctivitis. This is usually 24 hours after your doctor has started treatment. Frequent hand washing is critical to stop the transmission.

Following these guidelines will help us maintain a healthy school environment!

Remember the best way to prevent the spread of infection is through good hand washing!