

When to keep your child home from school

Sometimes it's hard to know if your child is really sick. It's important to protect your child from illness exposure and to prevent them from exposing others to an illness. Here are some guidelines to help you make the best choices.



Keep your child home from school:

- **FEVER:**

If the oral temperature is 100.4 degrees or higher (before taking medication such as Tylenol or Advil). If a child has a temperature under 100 degrees and otherwise seems OK, they can probably go to school. If the child seems pale, lethargic or irritable, they should stay home from school.

When at school, if your child has a temperature of 100.4 degrees or higher, we will call you to take them home. The child should remain home from school until they have not had a fever **for 24 hours** (before taking medication such as Tylenol or Advil).

- **VOMITING:**

If your child vomits in the last 24 hours. The child should remain home until they are back to eating a regular diet.

- **DIARRHEA:**

If the child has had two or more watery stools in a 12 hour period. The child should not return to school until it has been 24 hours since the last watery stool.

[Diarrhea that is bloody or there is also fever, belly pain or vomiting should be checked out by your doctor.]

- **COMMON COLD:**

If your child has thick yellow or green nasal discharge.

If your child has a bad cough that has a lot of phlegm or is having trouble breathing, a doctor should check it out right away.

[If symptoms last for more than two to three days, or there is also fever, see your doctor.]

- **SORES on the skin or mouth:**

If your child has sores on the skin or mouth that are crusty, yellow or draining. They may be contagious and should be checked out by the doctor before sending the child back to school.

- **RASHES:**

If your child has a rash that is itchy or scaly. The rash may be contagious and should be checked out by your doctor before sending the child back to school.

If there are also symptoms such as trouble breathing or swallowing, fever, or ill appearance, a doctor should be seen.

If your child develops a rash illness at school, they will be sent home. They should not return to school until your doctor says it is not contagious, or until the rash has gone away.

- **CONDITIONS:**

- **Ear infections:** Your child needs to stay home if the infected ear is draining, or the child has not been on antibiotics for 24 hours since it was draining, and/or the pain is severe.
- **Strep throat:** Your child needs to stay home until taking antibiotics for at least 12-24 hours as long as they are fever free for 24 hours without fever reducing medication.
- **Chicken pox:** Your child should remain home until all chicken pox lesions are crusted over – no draining lesions. This will take about seven days.
- **Red eye(s) with crusting or green or yellow discharge or drainage:**
 - Recommended to see an eye doctor.
 - If the infection is **bacterial**, your child should stay home from the time the eyes are red and draining until 24 hours after starting antibiotics.
 - If the infection is **viral**, we encourage preservative free artificial tears and washing of bedding and pillowcases.
 - If your student is unable to avoid touching their eyes they should stay home.
- **Lice:** Your child can return to school after their hair has been treated, they are free of live lice and all procedures have been done as directed by the school's lice treatment information.
- **Scabies:** Your child can return to school after medical treatment is prescribed by the doctor and complete
- **Mononucleosis:** Your child can return to school according to the doctor's recommendations.

Call your doctor's office for advice if you aren't sure about your child's condition or have questions about whether to let the child go to school.

If your child appears to be really sick, keep him/her home and contact your doctor that day. If you are very concerned, either call 911 or bring your child to the nearest emergency room to be evaluated.

Remember to provide the school with a copy of the physician's recommendations about returning to school, and if there are any activity restrictions or modifications. *It is your responsibility to let us know.*

The most important thing that can be done to prevent the spread of infections is *hand washing*. This protects your family as well. We recommend that you teach your children to wash their hands regularly. Other safe practices to prevent the spread of illnesses include blowing noses into tissues and covering mouths when coughing or sneezing. Even so, sometimes staying home from school is the better way to protect them, ourselves and our communities.

For more information or questions, contact District Nurse, Maris Pernsteiner RN, BSN at 715-427-3222 ext. 3250