

GUIDELINES FOR KEEPING YOUR CHILD HOME FROM SCHOOL

What do you do when your child complains of not feeling well? A decision must be made to send your child to school or to keep him at home. Here are some guidelines (not medical advice) to help you make the decision.

OVERALL CONSIDERATION - Students who are exhibiting signs or symptoms of any viral infection should stay home and not come on school grounds. Students should be fever free, without the use of any medications, for 48 hours before coming on school grounds. If symptoms of infection continue for 48 hours or more, students should seek medical advice. Students who test positive for COVID-19, or who have a family member living with them who tests positive for COVID-19, should quarantine until they are cleared by a medical professional.

FEVER - No student with a fever over 100.4 degrees should be sent to school, Do not allow the child to return to school until he/she **has been free of fever for 48 hours without the aid of fever reducing medication.**

COUGH/COLD - The common cold presents the biggest problem for parents. Usually a cold is not a reason to stay home. However, a student with a hacking cough and a feeling of congestion and achiness belongs home in bed even if he/she does not have a fever. The cough will hang around awhile. He/she does not need to stay home for the duration of the whole cold.

SORE THROAT - If your student complains of a sore throat and has no other symptoms, he/she may go to school. If white patches or fever are present, keep the child home and call your doctor.

RASH - This could be a sign of many things. It could be the start of many childhood illnesses such as Roseola, 5th Disease, etc., or it could be an allergic reaction or poison ivy. If you don't know the cause, do not send the student to school until your doctor says it is safe to do so.

STOMACH ACHE / VOMITING / DIARRHEA - If a stomach ache is persistent and is limiting a student's ability to function, consult your doctor. If a student is vomiting, he/she should be home until he/she can keep food down. A student with diarrhea should stay home.

EARACHE - Student's with an earache should be seen by a doctor.

HEADACHE - If the complaint is just a headache, the student can usually go to school.

PINK EYE/RINGWORM/IMPETIGO/HEADLICE - School nurses are guided by State Regulations for the exclusion of students showing signs of communicable diseases. Students with pink eye must stay home for 24 hours after they are started on appropriate medicine. Students with ringworm or impetigo may return to school if they bring a release form from the family doctor saying they may return. Children with head lice are excluded from school until treated. After treatment, they are to be brought back to school by a parent and staff will confirm if they may return to school.