



# WHEN SHOULD MY SICK CHILD STAY HOME???



Sick children belong at home. Here are some guidelines to make your decision easier.

**FEVER...** A fever is a warning that all is not right with the body. The child may have an illness that can spread to others. **A child with a fever GREATER than 100° F should NOT be sent to school.** They should not return until **fever free for 24 hours.**

**COLDS / SORE THROATS / COUGH.....** A child with a cold, having a lot of **congestion** and a **hacking cough** belongs at home, even without a fever. Children with **Strep Throat** need to be on **antibiotics for 24 hours** before returning to school.

**RASHES....** A rash might be the first sign of a childhood illness such as chickenpox. All rashes are considered contagious unless a doctor states otherwise. **DO NOT send your child to school with a rash.**

**DIARRHEA....** Diarrhea is a bowel movement that is watery or looser than normal for a child. If your child has **more than one** loose stool in a day, they should be kept home.

**VOMTING....** Keep your child home until they can keep their food down for **at least 8 hours.**

**PINK EYE....** Pink eye causes redness of the white part of the eye. There may also be clear, yellow, or green drainage. Pink eye can be spread by hand to eye contact or sharing towels & wash cloths. A child with pink eye should stay home until treated with **antibiotics for 24 hours** or until seen by a doctor.

**HEAD LICE....** Head lice are flat insects that live in human hair. Lice hatch from small eggs called nits. Nits attach to the hair's shaft, most often behind the ears and at the nape of the neck. The adult insects bite the scalp causing itching. Anyone can get head lice. Lice are easily spread by close contact with an infested person or by sharing hats & combs. **A child with head lice needs to stay home until treated & free of nits.**

**MEDICATIONS.....** Sometimes your child may be put on medications to treat their illness. **We have school medication policy.** Please contact the school nurse for information regarding medications that need to be given at school.

**BE PREPARED.....** Because of the frequency of illness in children, working parents need to plan ahead for the care of a sick child.

**INFORMING THE SCHOOL....** If your child goes to the doctor, write down the following information for the school:

- The name of the illness
- Is it contagious to others



**THANK YOU FOR YOUR COOPERATION IN KEEPING OUR SCHOOL A HEALTHY PLACE TO BE FOR YOUR CHILDREN**