

# When is sick too sick for school?

*Keep your child home for any of the following symptoms:*

## Fever

If your child has a fever over 100.4°F, keep them at home until their fever is below 100°F for at least 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102°F or higher, you should consult with a healthcare provider.

## Diarrhea

If your child has frequent, loose, or watery stool or also has symptoms of illness, has a fever, or is vomiting, keep them at home. Child should be diarrhea and symptom free for 24 hours before returning to school. If stool is bloody, if the child has abdominal pain, fever, or vomiting, you should consult a healthcare provider.

## Vomiting

If your child has vomited two or more times in a 24 hour period, or has additional symptoms, then keep your child home until the vomiting has stopped for 24 hours. If vomiting continues, consult with a healthcare provider.

## Coughing

If your child has a severe, uncontrolled, rapid cough, wheezing, or difficulty breathing, keep your child at home and consult with a healthcare provider.

If symptoms are due to Asthma, provide treatment according to your child's Asthma Action Plan. When symptoms are controlled, send your child to school.

## Rash with Fever

If a rash spreads quickly, is not healing, or has open, weeping wounds, you should keep your child at home and consult with a healthcare provider. A diagnosis and a written release to return to school should be provided by a healthcare provider to the school's health aide.

## Strep Throat

If your child has a sore throat with fever, stomach ache, redness, or swollen tonsils, keep your child at home and consult with a healthcare provider. With a diagnosis of strep throat, keep your child home for the first 24 hours after beginning antibiotics.

## Vaccine Preventable Diseases

Keep your child at home until a healthcare provider has determined that your child is not contagious.

**Chicken Pox** – fever, headache, stomach ache or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face.

**Measles & Rubella** (German Measles) – swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes.

**Mumps** – fever, headache, muscle aches, loss of appetite, swollen tender salivary glands.

**Pertussis** (Whooping Cough) – many rapid coughs followed by a high-pitched "whoop", vomiting, very tired.

## Parent Tips

School is a child's work. When they miss too many days of school, they fall behind and struggle to keep up with their classmates. Both excused and unexcused absences will affect their educational growth and progress. We want to work with you to help minimize the number of days your student misses school. Here are some helpful ideas:

- Avoid letting your child stay home when it is not necessary. Consult with your school's health aide or School Nurse if you aren't sure.
- Communicate with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.
- Make appointments in the late afternoon so your child misses as little school as possible.
- If your child is absent, be sure you get his/her homework assignments and follow up to see if the work is completed and turned in.

## COVID-19

If your child tests positive for COVID-19, please follow the CDC guidelines for isolation. When they are cleared to return to school, send in a note for an excused absence.