



IS MY CHILD WELL ENOUGH TO GO TO SCHOOL?

Sometimes children are too sick to be at school. Putting other students and staff at risk for becoming ill. Here are some guidelines for keeping your child home, and for how long.

Fever 100.0 degrees or higher: Child should stay home until they are fever free for 24 hours or longer, **without** fever reducing medication.

Coughing: Severe/Persistent coughing or coughing with other signs of illness, such as fever/chills/muscle aches/colored discharge from mouth or nose, child should stay home until symptoms subside, and fever free for 24 hours.

Vomiting or Diarrhea: Child should stay home until it has been 24 hours or longer since their last episode of vomiting or diarrhea.

Rashes: Check with your doctor or your school health staff **before** sending a child, with a rash, to school.

Strep Throat: In cases of suspected or diagnosed strep throat, the child should be kept out of school until the diagnosis has been made and/or treatment has been underway for at least 24 hours.

Chicken Pox: A child with chicken pox must be kept out of school for at least 5 days following the appearance of blisters. Child may return to school after all blisters are scabbed over/dry, and individual is fever free for 24 hours.

Head Lice: A child with head lice must receive adequate treatment and all nits (eggs) removed from hair before returning to school.

Conjunctivitis (Pink Eye): Child should stay home until signs and symptoms are gone, or until 24 hours after appropriate treatment has been started, **and** signs and symptoms are greatly reduced.

All these illnesses are easily spread, both at school and in the family. Frequent hand washing is the single most important thing we can do to help prevent the spread of infection. Please encourage your children to wash their hands often.

Thank you for following these guidelines, and helping us provide a safe and healthy environment for our students and staff.

Sincerely,
Health Staff