

Countryside Academy

Please review the following common illnesses to help determine when and if your child should stay home. In order for your child to have the absence excused, the school **MUST** receive a note from a physician.

Any child with a fever MUST remain home until they have been FEVER FREE for 24 hours WITHOUT fever-reducing medication!

RUNNY NOSE, COUGHING, CONGESTION

KEEP CHILD HOME only if they have a *severe* case of all the listed symptoms. A child should also stay home, and see a physician, if they have persistent coughing & congestion that makes it difficult to breathe. Otherwise, a child with any of the listed symptoms should come to school. Instruct your child on proper handwashing techniques, covering their cough and sneeze by doing so into a tissue or their inner arm.

SORE THROAT

KEEP CHILD HOME only if they are struggling to swallow and in *severe* pain, even if there's no fever. See the doctor, as this could be a sign of strep or other infections. If your child does have strep, they can return to school 24 hours after starting antibiotics.

EARACHE

KEEP CHILD HOME only if the pain is so bad that they are waking up at night or crying. Your child may need to see the physician, but since ear infections aren't contagious, it's fine to return to school as once they begin to feel better.

VOMITING OR DIARRHEA

KEEP CHILD HOME if they have either of these symptoms. Your child may return to school once symptoms are no longer present for at least 12 hours.

RASH

KEEP CHILD HOME if your child has an unusual or severe rash. Many viruses, and some

bacteria, can cause a rash. A physician's expertise is necessary to diagnose it, and to determine if it's contagious, and for how long.

EYE INFECTION

KEEP CHILD HOME if the eye or eyes look pink or there's discharge. It could be pinkeye (conjunctivitis), which is very contagious. A child diagnosed with pinkeye may return 24 hours after starting prescription drops.

RINGWORM

A child with ringworm (a scaly, flat pinkish patch in the shape of a circle), does not have to be excluded from school. The infected area needs to be treated with a prescription or over the counter medication, and covered with a band aid if clothing does not cover it.

COLDS VS. FLU

Fever is rare with a cold.

Fever is common with the seasonal flu.

A hacking, mucus producing cough is often present with a cold.

A dry hacking cough is often present with the seasonal flu.

Chills are uncommon with a cold.

Chills are mild to moderate with the flu.

Headache is fairly uncommon with a cold.

Headache is fairly common with the flu.

A sore throat is commonly present in both a cold and the seasonal flu.

Sneezing is commonly present in both a cold and the seasonal flu.