

Illness & Keeping Your Child At Home

Fever: If a student has a temperature of 100 degrees or more, parents should keep their children home. If they have 100 degrees or more fever at school, parents will be called to come to pick up their child. It is normal for temperatures to fluctuate. They need to be fever-free for 24 hours before returning to school. Tylenol, Ibuprofen, and other similar medications will bring a fever down, but it does not mean that the child is still not sick. **They need to be fever free without taking medication for 24 hours.** Often temperature rises during the day. A slight fever in the morning will get much higher by noon. Often with a borderline temperature (99-100), kids might feel quite ill. Use your judgment about sending them back to school.

*****FLU- the student must remain home from school for 48 hours minimum AND be fever free WITHOUT the use of medications for at least 48 hours.*****

*****STREP THROAT- the student must be on medication (antibiotics) for 24 hours AND fever free WITHOUT the use of medications for 24 hrs. ****

Vomiting and diarrhea: Keep them home! Vomiting and diarrhea are not considered “normal”. Often children will feel better after vomiting, but will quickly become ill again. Keep them home until they are free of symptoms for at least 24 hours after the last episode of vomiting and/or diarrhea.

Antibiotic treatment: If your child is on antibiotics for a communicable disease, such as strep throat, pink eye, etc., keep them home until they have been on the antibiotics for 24 hours. If they are going to continue on antibiotic treatment at school, be sure to follow the school’s medication policy. Please follow your doctor’s orders for antibiotics. Stopping them when the child feels better may cause the child to become sick again. Giving them for the entire time the doctor prescribes will help insure that the infection has been treated.

Pink eye: Only a doctor can diagnose pink eye. Students must return to school with a note form the doctor. Pink eye needs to be treated with antibiotics-usually eye drops-for 24 hours before returning to school.

Head lice: Once children with head lice have been treated with an approved medicated shampoo and had the nits carefully removed from their heads, they can return to school.

Keeping healthy: During the season of flu and colds, it is important to try to remain as healthy as possible. Adequate sleep and nutrition will help. Keeping sick children home when they are ill, will prevent others from becoming ill. Please discuss with your child about the importance of good, frequent handwashing. Sneezing and/or coughing into a tissue or the inside area of the elbow rather than the hands will prevent the spread of infection along with good hand washing.

If you are unsure whether or not to send your child, you can contact the school nurses.

*****Please notify the school nurse if your child is diagnosed with Flu, Strep Throat, or any other contagious illness.*****

REMEMBER THE 24 HOUR RULE OF THUMB!

Students may return to school AFTER the following:



After 24 hours without a temperature (and **without** taking fever reducing medications such as Tylenol or Advil/Motrin)



After 24 hours without nausea, vomiting, diarrhea (**without medication &** tolerating a normal diet for 2 solid meals)



After 24 hours of receiving medication (such as antibiotics, eye ointments)

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Students should *NOT* attend school if:



They have an undiagnosed rash. A rash may be indicative of many things, frequently of illnesses that are contagious. Therefore, a student **must be seen** by a physician to evaluate the rash. The student **must return to school with a note from the MD** allowing return to school.



They have a red eye with discharge/pus or mucous. Pink eye often is itchy or "feels like something is in the eye". The student **must be treated** with an eye ointment/antibiotic for 24 hours at least before returning to school.



They have been to the ER or Hospital for any illness or injury. The student **must return to school with a note from the MD** allowing for return to school and any necessary modifications or restrictions.