

## Child Sickness Guidelines

*The following illness guidelines will be strictly enforced, for the health, well-being and safety of all concerned.*

**Guidelines:** Children should not be sent to school with any signs or symptoms of illness (see below) or are not able to participate in normal daily routine activities within a school day. Sick children expose other children and staff members to illness. We ask for your cooperation, as this is very important in providing a healthy and optimal learning environment for students and staff. **Please notify the school nurse of your child's absence, including the reason/estimated duration. This information enables the Health Office to track illness trends.**

In the event a child becomes ill during the school day and needs to be picked up, the parent/guardian will be contacted to pick up the child as soon as possible. If the parent/guardian cannot be reached, the emergency contact person will be called.

### **When to Keep Your Child Home:**

- **FEVER:** fever of 100.4 F or higher. Must be **FEVER FREE for 24 hours WITHOUT the use of fever-reducing medicine.**
- **VOMITING:** nausea, vomiting 2 or more episodes within a 24-hour period. **NOTE:** please do not bring/send your child if he/she vomited during the night or in the morning.
- **DIARRHEA:** abdominal cramps, behavioral changes, looks/acts ill.
- **RESPIRATORY:** difficulty breathing/wheezing, hacking cough.
- **THROAT:** inability to swallow due to a sore throat, swollen glands.
  - If diagnosed with **Strep throat**, must complete 24 hours of antibiotics and be fever free.
- **BACTERIAL CONJUNCTIVITIS:** must complete 24 hours of antibiotic treatment and eyes are free of discharge.
- **COLD SYMPTOMS:** fever, behavior change, difficulty breathing, and inability to manage nasal secretions.
- **RASH:** undiagnosed or unknown rash (a rash that has not been seen or treated by your MD).
  - **IMPETIGO/MRSA/STAPH** - May return 24 hours after treatment begins - wound must be fully covered on all 4 sides.
  - **RINGWORM:** may return after treatment begins and wound must be covered for the first 48 hrs of treatment.

If antibiotic treatment is needed, your child is to remain home for the first full 24 hours of medication. (e.g. if your child has 3 doses ordered per day, then 3 doses must be administered prior to returning to school).

### **PHYSICIAN'S NOTE:**

A physician's note shall be requested when:

- Absent for 3 or more consecutive days
- Has had surgery
- Is returning after a hospitalization
- Has been under a doctor's care for a significant illness
- Is returning after being excluded because of a communicable disease