

### SHOULD MY CHILD BE IN SCHOOL WITH THIS ILLNESS?

Keep your child home if any of the following are present. If your child receives homebased services, please notify the teacher and/or therapist if your child or any member of the household has any of these symptoms.

1. **Fever of 100 or more** – Your child can return to school when the fever is down without anti-fever medication for 24 hours.
2. **Vomiting and/or Diarrhea** – Your child may return to school when these symptoms have resolved for approximately 24 hours and the child is able to keep down food and liquids.
3. **Sore Throat** – A sore throat with/without fever may indicate strep throat. They may have symptoms of headache, stomachache and often will see white patches on the back of the throat. Your child needs to see a doctor and can return to school after 24 hours of antibiotic treatment.
4. **Runny Nose, Cough** – Often a day or two of rest, light diet with extra fluids and less dairy products will help resolve a cold and will help minimize the spread of cold virus at school. **A child with green, yellow, thick nasal or eye drainage should be kept home.** If your child is feeling run down, losing sleep due to cold symptoms, or actively sneezing/coughing he/she is not going to be able to attend well. **Cold symptoms lasting longer than 10 days should be seen by a doctor.**
5. **Complaints of earache, stomach ache with or without fever.**
6. **Skin Rash** – A rash is usually a sign of a viral illness. It can also be a reaction to a medication or chemical. Keep your child home until you have talked with your doctor and the rash has been identified.
7. **Red Eyes** – If the white part of the eye appears red and there is a green or yellow discharge, call your doctor. Your child may have conjunctivitis (pink eye) and need antibiotic eye drops. It is very contagious but the child may return to school after 24 hours of the medication. Frequent hand washing is essential. Have your child use a separate towel and washcloth from the rest of the family.
8. **Your Child Is More Tired Than Usual, Not Acting Themselves** – If the teacher writes you that your child doesn't seem their usual self, tired or unable to keep up with the class activities, your child may be coming down with an illness. Staying home and resting will give their immune system a better chance to fight the illness, and help keep down the spread of it in the school.
9. **Contagious Illnesses** – Illnesses such as pinworms, ringworm, impetigo, lice. Keep your child home according to your doctor's recommendations.

It is helpful to school staff to have information by a note or phone call if your child is "on the borderline" of not feeling well or is just healing from an illness/injury. A child who has not had a good night's sleep, or has had an emotional upset may perform poorly at school. If staff is aware, they can make adjustments in your child's day or offer extra support.

Please keep in mind that our school has children with special needs. Many of our children have special medical needs as well. Repeated exposure to other sick children can pose a more serious risk to their health; so keeping your sick child home will benefit others, as well as giving his/her own body time to recover.

This is a good general guide, but does not fit every case. **PLEASE CHECK WITH THE SCHOOL NURSE AT 592-9331 IF YOU HAVE ANY SPECIAL CONCERNS.**