

IS MY CHILD WELL ENOUGH TO GO TO SCHOOL?

Guidelines for Keeping Your Child Home From School:

Family members often wonder if they should send their child to school when they have a mild illness. If your child has any of the following, you should keep him or her at home:

- ★ Fever over 100°F
- ★ Vomiting
- ★ Diarrhea
 - Your child may return to school 24 hours after the last episode of vomiting or diarrhea; or when your child's temperature has been under 100 F. without the use of fever reducing medication
- ★ New undiagnosed rash
- ★ Symptoms of a severe illness such as: unusual fatigue, uncontrolled cough, difficulty breathing

Contact your school's Health Office to report an illness, or if you have questions about when to keep your child at home. Contact your school's attendance line to report your child's absence due to health issues.

Tips For Keeping Your Child Well:

- ❖ Everyone in the family should wash their hands often; especially when someone is ill
- ❖ Make sure your child is getting enough sleep each night:
 - Elementary age = 10 - 11 hours
 - Middle school age = 9 - 10 hours
 - High school age = 8 - 9 hours
- ❖ Make sure your child eats a good breakfast, drinks plenty of water, and eats fruits and vegetables every day
- ❖ Plan regular physical activity and time outside, limit time in front of the TV or computer
- ❖ Keep cigarette smoke and other tobacco products away from your child
- ❖ Follow **Guidelines for Keeping Your Child Home From School** when your child is ill





We help students thrive and dreams come alive

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Disease	Symptoms	Incubation Period	Student should Stay Home until.....
Strep Throat	Fever, sore throat, headache, nausea, vomiting, sometimes a fine red rash	2 to 5 days	12 hours after starting antibiotics and without a fever for 24 hours without the use of fever reducing medications
Pink Eye	Red, itchy, pus-like drainage, gooey & sticky- not just watery	1 to 3 days	Not excluded from school unless student is not feeling well enough to attend
Influenza (Flu)	Fever, muscle aches, sore throat, cough, congestion, fatigue	1 to 3 days	24 hours without a fever without the use of fever reducing medications and feeling well enough to return to usual activities
Mono	Fever, sore throat, swollen glands, headache, fatigue	4 to 6 weeks	Until well enough to return to usual activities; Healthcare provider authorization required for return to athletic activities
Chickenpox (Varicella)	Fever, itchy rash with red bumps, blisters, pustules and scabs	10 to 21 days	Approximately 6 days after rash began; or when blisters have crusted over and no new blisters are erupting
Head Lice	Live crawling lice, nits (lice eggs) attached to hair shaft, itchy head and neck	7 to 10 days	Student should be treated for lice removal as soon as possible, either at home or lice treatment business, and follow recommended procedures for nit removal, but may remain in classroom / school building
Ringworm	Body: Flat round lesions that clear in the center and may have a raised border Scalp: Round scaly patch with broken off hair shaft	Body: 4 to 10 days Scalp: 10-14 days	Until 24 hours after treatment has begun; if area can be covered by clothing or bandage then the student may stay in school
Impetigo	Skin lesions with yellow discharge that dries, crusts, and sticks to the skin	1 to 10 days	Until 24 hours after treatment has begun; if area can be covered by clothing or bandage then the student may stay in school
Common Cold	Watery eyes, sneezing, runny nose, coughing, fatigue	1 to 3 days	Okay to come to school unless there are other symptoms requiring exclusion such as: Fever, vomiting, diarrhea