



## SICK CHILDREN... SEND TO SCHOOL OR KEEP HOME



People often experience colds and stomach viruses this time of year.

The main reasons for keeping your child home are:

- If he/she is too sick to be comfortable at school
- If he/she might spread a contagious disease to other children

**Deciding when a child is too sick to go to school** can be a difficult decision for parents to make.

When trying to decide, use the guidelines below to help you.

Keep your child home — if your child has any of the following symptoms:

- **APPEARANCE, BEHAVIOR** – unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child.
- **EYES** – thick mucus or pus draining from the eye or pink eye. (With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.)
- **FEVER** – temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free for 24 hours before returning to school.
- **GREENISH NOSE DISCHARGE AND/OR CHRONIC COUGH** – should be seen by a health care provider. These conditions may be contagious and require treatment.
- **SORE THROAT** – especially with fever or swollen glands in the neck. (With Strep throat, the child may return to school after 24 hours on antibiotics.)
- **DIARRHEA** – three (3) or more watery stools in a 24 hour period, especially if the child acts or looks ill.
- **VOMITING** – vomiting two (2) or more times within the past 24 hours.
- **RASH** – body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious.
- **EAR INFECTIONS WITHOUT FEVER** – do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- **LICE, SCABIES** – children may not return to school until they have been treated and are free of lice and nits (eggs).
- **CHICKEN POX** – children must stay at home for five (5) days after the onset of blisters, or until all pox are scabbed over and dry.



**IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP FROM SCHOOL.**

Please try to treat the symptoms of minor illnesses at home so your student can feel comfortable and ready to learn during the school day.