

Information for Parents from the School Health Office

When to keep a child home when they are sick?

Sometimes it can be hard to decide whether to send your child to school or keep them home if they are showing symptoms of an illness or complains they do not feel well. **Our school policy is that if your child has the following signs or symptoms you need to keep them home from school.** These symptoms may also warrant you to call your health care provider for further recommendations.

1. Fever over 100.0 in the past 24 hours. **(Your child must be fever free without fever reducing medication for 24 hours before returning to school)**
2. Vomiting in the past 24 hours
3. Diarrhea in the past 24 hours
4. Large amounts of white or yellow discharge from eye along with pink or red conjunctiva (white part of eye)
5. Open blisters in their mouths along with drooling
6. Weeping lesions that can't be covered with a dry bandage/dressing
7. Any suspicious rash or a rash in various stages including boils, sores, and bumps that may be chicken pox; or a significant rash accompanied by other symptoms of illness.
8. Sore throat that is severe and feeling ill for more than 48 hours or after known diagnosis of Strep throat.
9. Honey-crusted sores around the nose or mouth
10. Large amounts of discolored (green or yellow) nasal discharge
11. Severe ear pain or drainage from the ear
12. Severe headache

Steps you can do to keep your children healthy during the school year?

1. Educate your children on washing their hands with soap and water for about 20 seconds. Singing the ABC's once to themselves is approximately 20 seconds. They need to wash hands before they eat, and after they go to the bathroom.
2. Educate students on not touching their eyes, mouth or nose without washing their hands first and then washing them after.
3. Encourage your child to get a good night's sleep (8-12 hours is recommended depending on their age).
4. Educate your children to cough and sneeze into their elbow. That way they are not getting the germs on their hands.
5. Encourage your child to eat a healthy diet.
6. Keep children home when they are sick.
7. Educate children on not sharing eating utensils or cups with other children or especially those who are sick.