

WHEN TO KEEP A CHILD HOME WITH ILLNESS

It can be hard to know when to send children to school if they tell you that they do not feel well. Usually, the best place for them is in school, but there are some times when keeping them home to rest or call for an appointment with your health care provider is recommended. When trying to decide on whether or not to send children to school use these three main guidelines:

1. **If the child has an illness that prevents them from participating comfortably in activities.**
2. **If the child has an illness that results in need for care that is greater than the school staff can provide.**
3. **If the child has an illness that may pose a risk of spread of harmful disease to other children or staff.**

Please keep your child home and/or contact your child's doctor for:

- Persistent fever that is 100.4 F or greater orally
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat accompanied by fever or malaise for more than 48 hours, or after exposure to Strep Throat infection
- Vomiting and/or diarrhea within the last 24 hours
- Persistent cough that is disruptive
- Severe nasal congestion with purulent discharge
- Honey-crusted sores around the nose or mouth or rash on other body parts
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

If your child has a fever, it is not a good idea to give them medicine like Tylenol or Advil and send them to school because as soon as the medicine wears off, the fever may return and you will be called to come and pick up your child.

Please keep children home for 24 hours after the fever ends or they have completed 24 hours of medication if prescribed by your health care provider.

If you find your child is frequently asking to stay home from school, if they are falling behind or appear anxious about school, or if there does not appear to be any physical symptoms, contact your school nurse and your health care provider to discuss your concerns.

Remind children to throw away used tissues, cover their mouths when they cough or sneeze, keep their hands away from their face, and to wash hands often with soap and warm water will help keep everyone healthier.

Please call us with any concerns or questions.

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