

When to keep your child home from school

There are times when you are not sure whether you should keep your child out of school. Below are some guidelines that should help you know when to keep your child at home.

- **If your child has a fever of 100 degrees or more within the past 24 hours (without Tylenol or Anti-fever medication), he or she MUST stay at home.**
- **Diarrhea – more than 2 times in a 24 hour period.**
- **Vomiting – more than 2 times in a 24 hour period.**
- **A blistery sore or rash, especially if accompanied by a fever. This may be chicken pox. If it is chicken pox, the student will need to stay home until all areas are scabbed over, usually 6-7 days.**
- **Keep your child at home if he/she has HEAVY nasal congestion or has a persistent cough that interferes with normal daily activity.**
- **If your child has been diagnosed with a contagious disease such as strep, pink eye, ringworm, or impetigo, he/she must be on antibiotics 24 hours before returning to school.**
- **If your child requires pain medication stronger than Tylenol or Ibuprofen, he/she should not attend school.**
- **During Flu season it is very important to keep your child at home if he/she have the following symptoms: fever, body aches, chills and sweats, dry cough, fatigue/weakness, and nasal congestion.**

Please remember that while attendance is very important, it is also very important to protect the health of all students and staff. If your child has any of the above symptoms, it is best to keep him/her at home. Most childhood illnesses are over soon, but if the symptoms are persistent or severe for more than 24 hours, you should contact your child's healthcare provider. Early diagnosis and treatment can help your child recover faster and return to school quicker.

Sincerely,

Krista Hockaday, RN BSN
School Nurse