

# When Should My Child Stay Home?

Deciding if a sick child should stay at home or go to school can be difficult. Take a look at these student health guidelines to help make your decision.

## Student Should Stay Home:

- **Vomiting/Diarrhea** – A child with vomiting and/or diarrhea should be kept home and return to school after being symptom-free for 24 hours
- **Cough/Cold/Flu-like symptoms** – If a child has heavy cold symptoms such as a deep, uncontrollable cough, wheezing and lack of energy for school activities they should stay home.
- **Rash** – If a child has open sores with oozing, crusted or dry drainage, or any mysterious rash you should seek medical attention.
- **Pink Eye** – If a child has red, itchy eyes with drainage they may require a doctor's note showing proof of treatment
- **Chicken Pox or Shingles** – If a child has a diagnosis of chicken pox or shingles they should stay home until their blisters have dried and scabbed.
- **Scabies** – If a child has scabies they may return to school after they have applied treatment with a prescribed lotion.
- **Strep Throat** – A child with strep throat may return to school 24 hours after an antibiotic treatment has been started and the child is fever free.

## Student Must Stay Home:

- **Fever** – A child with a fever of 100°F or higher must be sent home and should not return until they have been fever free for 24 hours without the use of fever-reducing medicine (Ibuprofen /Tylenol)
- **Flu** – If a student has a diagnosis of the flu they must stay home until they are fever free.
- **Fungal Infections of the Scalp** – If a student has a fungal infection of the scalp and it has not been treated by a doctor they must stay home.
- **Lice** – Live lice must be treated before the child returns to school

## Seek Medical Attention When You See the Following:

- Drainage from the ears
- Signs or symptoms of a concussion or a head injury
- Fifth's Disease- please alert your teacher if your child has this diagnosis. Pregnant women exposed to Fifth's Disease should alert their doctor.

## Chronic Conditions (Asthma, Diabetes, Seizures, Severe Allergies, etc)

Please inform your child's teacher if your child has a chronic medical condition and if they are taking any medications, including those given only at home. The school nurse can review this information with the teacher which will help staff members properly handle emergencies, if they arise. If your child is not responding to a prescribed medication, please call the doctor/clinic for advice.

Additionally, please keep teachers informed of changes in telephone numbers and list at least one additional adult that can help locate a parent if a child is sick or injured.

Together we can keep a healthier school environment for all children. Thank you!

Your School Nurse