

## School and Illness: Should Your Child Stay Home?

The following guidelines will help you decide whether your child is too ill to go to school.

**Your child is too ill to go to school if he or she has any of these signs:**

- \* Seems very tired and needs bed rest (this is common with flu symptoms)
- \* Has vomiting or diarrhea (**Do NOT send until student is FREE OF symptoms for 24 hours**)
- \* Becomes short of breath or is wheezing
- \* Has a cough that disrupts normal activity
- \* Has distracting pain from earache, headache, sore throat or recent injury
- \* Has yellow or green drainage from eye(s)
- \* Break out in a rash; not all rashes require that a child stay home from school. Check with your child's doctor. Impetigo would require staying home until treated with an antibiotic for 24 hours.
- \* Live lice visible in hair. Treat. Student may return after no live lice are found in hair after treatment.
- \* **Fever:** Your child should not go to school if they have a temperature at or above 100.0\* F. Student may return to school after they are feeling better (a temp. below 100.0\*F without a fever reducer in their system).

### **Contagious Disease:**

- \* Your child should stay home from school if he/she has a contagious disease. A contagious disease is one that can be spread by close contact with a person or object. Examples are: chickenpox, flu, vomiting, diarrhea, colds, strep throat and "pinkeye." A disease may be contagious before the child shows signs of illness. It is very hard to prevent the spread of some germs, especially in a school classroom. Good hand washing will help prevent the spread of germs in most settings.
- \* If your child has chickenpox or strep throat, please ask your doctor when he/she may return to school. In general, children who have active chickenpox should not return to school until all the lesions are dried and crusted. Children with strep throat should be on antibiotics for 24 hours and feeling well enough to concentrate.

Cold and flu season is just around the corner and we want all individuals to stay as healthy as possible!

Respectfully,

Tina Hoch, RN

Philomath District Nurse

