



Let's Stay Healthy

Making the Right Call when your Child is Sick



Children of all ages work hard during the school day, and for an ill child, the energy required to complete the day is often not there. Not only does this put your child at risk for prolonged illness, but it also puts the children around him/her at greater risk for becoming ill. For your child's health and to prevent the spread of illness to others, it is important that your child remain at home until they have been free of any illness symptoms or until fever free for 24 hours without the use of any fever reducing medication. **It is extremely important that you have someone available to pick your child up from school in the event they are ill. Children ARE NOT permitted to remain in the health room the entire day due to illness.** The Certified School Nurse is dedicated to promoting the health and wellness of all the students. Please see the following information to assist you in making an informed decision about your child.

These are some reasons when your child **should** be kept at home:

- **Fever-** ((100° F (37.8°C))- Child should remain at home until 24 hours fever free without fever-reducing medications.
- **Nausea/Vomiting or Diarrhea-** Children should be free of vomiting or diarrhea for 24 hours before returning to school.
- **Conjunctivitis (Pink Eye)-** Children should be kept out of school until 24 hours after the start of the appropriate treatment or until physician certifies child as non-infectious.
- **Influenza (Flu)-** Children should be fever free for 24 hours without the aid of a fever reducing medication. *Please consider cough status as well.*
- **Strep Throat-** Children should be kept out of school until 24 hours after antibiotic is started.
- **Fifth's Disease-** Children should be kept out of school if fever is present. Student can come to school with rash.
- **Coronavirus (Covid 19) -** Please continue to monitor your child for signs and symptoms of Covid 19 (Fever, Tiredness, Cough, Nasal Congestion, New loss of taste or smell). If they have any signs or symptoms, please keep them home and consult your healthcare provider.
- **Acute cold and/or persistent cough-** it is difficult for your child to concentrate with a constant cough and or nasal congestion. Please consider keeping child at home until cough and or congestion is under control.
- **Pediculosis (head lice) –** Stay home at least until removal of all nits and completion of proper shampoo treatment. The school nurse must check your child before they can return to school.
- **Ring Worm –** Child may return to school immediately after first treatment. Body lesions that are not dried should be covered.
- **Impetigo –** Child should stay home until sores are no longer draining
- **Norovirus -** Norovirus is a highly contagious virus. The Norovirus infection causes inflammation of the stomach and intestines. This leads to diarrhea, vomiting, and stomach pain. You are contagious from the moment they begin feeling sick and/or the first few days after recovery. Norovirus can stay on surfaces and objects and can still infect people for days or weeks
- **Chicken Pox (Varicella)-** Children should be kept home until all vesicles have dried and crusted.