

When to Keep Your Child Home From School?

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. Please be sure to have a plan for childcare in the event that your child needs to stay home from school. The following guidelines represent the more common childhood illnesses and the recommendations of the school nurse. You should not send your child to school if he/she has:

Fever: If your child's temperature is 100 degrees or greater he/she should remain home until he/she has been without a fever for a full 24 hours (without the use of fever reducing medication). Remember, fever is a symptom indication the presence of an illness.

Vomiting and/or Diarrhea: Stomachache, cramping, nausea, vomiting and/or diarrhea, possible fever, headache, and body aches. Your child should remain home until without vomiting, diarrhea or fever for a full 24 hours. If your child has had vomiting, diarrhea or fever during the night, he/she should not attend school the following day.

Sore Throat/Strep Throat: Strep Throat usually begins with fever, sore and red throat, pus spots on the back of the throat, and tender, swollen glands of the neck. Fever, nausea, and vomiting may also occur. Your child should remain home from school until receiving a full 24 hours of antibiotic therapy and until without fever or vomiting for 24 hours. Most physicians will advise rest at home for 1-2 days after strep infection.

Flu: Abrupt onset of fever, chills, headache and sore muscles. Runny nose, sore throat, and cough are common. Your child should remain at home until symptoms are gone and the child is without fever for 24 hours. [Click here for further information The Flu: A Guide for Parents](#)

Bad Cold: A very runny nose and/or bad cough (especially if it has kept the child awake at night), irritated throat, chills, and general body discomfort. Your child should remain home if symptoms are serious enough to interfere with your child's ability to learn.

Pink Eye (Conjunctivitis): A viral or bacterial infection of the eye causing redness and swelling of the membranes of the eye with burning and /or itching, watery or thick drainage, or crusting on the eyelids. Your child should remain home from school until receiving at least 24 hours of antibiotic therapy and discharge from the eye has stopped.

Head Lice: Contact your physician. Treat your child with a lice-killing shampoo. When your child returns to school, the school nurse must check their hair before returning to class.

If your child becomes sick at school and the school nurse feels he/she is too sick to benefit from school or may be contagious to others, you will be called to take your child home. It is essential to provide the school with your current phone number and an emergency contact number in the event you cannot be reached. If your number changes during the school year, please notify the school immediately.