

## WHEN YOUR STUDENT IS ILL . . .

Parents are often faced with making a decision to keep their child at home or send him/her to school. If a child remains at home and has the care he/she needs when first becoming ill, the length of the illness is often shortened.

Staying home and resting permits the body to combat the illness more quickly. If your child is coming down with a communicable disease, remaining at home may prevent infecting the rest of the children.

It is suggested that children should remain at home if they have the following conditions:

1. Severe colds, coughs, or sore throats
2. Eye infections, especially if discharge is present
3. New skin rashes, especially if draining—unless medical opinion states rash is noncommunicable
4. Temperature of 101° or more—with or without symptoms
5. Nausea, vomiting, diarrhea, or abdominal pain
6. Any other sign of acute illness
7. Until result of throat culture is known

Children may return to school when:

1. Free of symptoms
2. Temperature remains normal for a 24-hour period
3. On an antibiotic for at least 24 hours
4. Advised by a physician to do so

It is often very difficult to decide whether it is really necessary to keep your child home. There are no sure rules to follow as we are dealing with variables. Hopefully, the above guidelines will be helpful to you in making this decision.

This message provided by  
Olmsted County Public Health

