



**LAKELAND JOINT SCHOOL DISTRICT #272**  
**15506 N. Washington Street , Rathdrum, ID 83858**  
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### **TOO SICK TO GO TO SCHOOL?**

*Do you wonder if your child is too sick to go to school? Here are some guidelines from your school nurse. Please provide the school office a working contact phone number in the event your child needs to go home due to illness.*

**Fever.** Temperature of 100 degrees Fahrenheit or higher. Child must not have a fever for 24 hours before returning to school (without any medications taken to lower the fever)

**Colds.** On average, a child catches 6-8 colds per year. There is no need to keep your child home with sniffles or congestion as long as his/her temperature is less than 100 degrees and he has no other signs of illness such as a chronic cough and/or difficulty breathing.

**Vomiting or diarrhea.** Keep your child home. Call the doctor if these problems persist or your child seems dehydrated. Your child can go back to school when they can drink liquids without problems-at least 24 hours after the last time they vomited and at least 12 hours after the last time they had diarrhea.

**Stomachache, headache, earache, toothache.** Observe your child. If they are in severe pain, call the doctor immediately. If he/she doesn't look or act sick, try gentle encouragement to go to school. Call the doctor if he/she complains of pain frequently, the pain persists, or you're unsure if they are ill.

**Conjunctivitis "pinkeye".** Your child should stay home until they have seen a doctor and have been on an antibiotic for 24 hours. Red "bloodshot" eyes and yellow or greenish discharge from the eyes are signs that they should see a doctor.

**Sore throat.** If your child is diagnosed with strep throat; your child should stay home until they have been on an antibiotic for 24 hours. If they have a bad sore throat or a sore throat and a fever they need to be seen by a doctor for a strep throat culture.

**Rash.** If your child has an unusual rash with a fever or acts unwell, see a doctor before sending them to school. A child with impetigo (a skin infection) should stay home for 24 hours after starting to take antibiotics.

**Head lice.** Your child should stay home until they have been treated with a lice shampoo and all of the nits (eggs) have been combed or picked from the hair.

**Chickenpox.** Keep your child home until all of the blisters are scabbed, 5-6 days.

**In general, keep your child home if they are not well enough to take part in the usual class and outside activities or if they might infect others. Ask your health care provider if you are not sure.**