



GUIDELINES FOR PARENTS ON KEEPING ILL STUDENTS AT HOME

It is not always easy to know when to send your child to school, and when to leave your child home. These Guidelines are based on public health science. If you have any questions about them, please reach out to your school nurse.

Unless otherwise indicated, students with any of the symptoms below need to stay home for at least 24 hours prior to returning to school. If it is a COVID-19 related symptom, the student must also have tested negative for COVID-19 before returning to school.

Please do not send a child with the following symptoms to school:

- **Fever** of 100°F or more. Students may not return to school until 24 hours fever free with no fever reducing medications.
- **Runny nose, congestion, sore throat, headache, chills, body aches:** must test negative for COVID-19 before returning to school.
- **Cough and difficulty breathing** – do not send to school if the child has labored breathing (heaving of chest muscles with each breath), rapid breathing at rest, blue color to skin, or wheezing (if never previously evaluated and treated), and see a doctor. Keep home if your child has pertussis (whooping cough) until 5 days of antibiotics have been received, or tuberculosis (until treated).
- **Rash that is undiagnosed** - especially when there is a fever and/or behavioral change.
- **Chicken pox** - keep home until all blisters are scabbed over and there are no signs of illness.
- **Vomiting and/or Diarrhea** - keep home if 3 or more episodes of loose stool within a 24 hour period, or one episode of vomiting.
- **Impetigo** - Keep the child home for 24 hours after starting an antibiotic treatment.
- **Ringworm** (a contagious skin fungus infection). Keep home until treatment is started. If it is in an exposed area, upon return, cover the visible area with a dressing and/or clothing. Ringworm on the scalp requires an oral medication, but the child may return to school if covered with appropriate cream or covered.
- **Cold sores** - Cold sores can be passed from one person to another, but only through direct contact. Children who drool or place toys in their mouths when they have cold sores should stay home; otherwise, children may come to school.

Antibiotics:

Children, who are placed on antibiotics for impetigo, strep throat, and several other bacterial infections, should be on them for a **FULL 24 hours** (longer for Pertussis/Whooping Cough) before returning to school to prevent the spread of those infections. If at any time you are unsure if your child's illness is contagious, you may want to call your child's primary care provider. If you are uncertain, or have further questions, please contact your school nurse. Thank you for your continued support of the families in our school community.

Please keep the office at your child's school informed of your current contact numbers. It is very important to be able to reach you when your child is sick at school and needs to go home or when your child needs medical attention.