

WHEN TO STAY HOME FROM SCHOOL

CONDITION	SYMPTOMS		STAY HOME FROM SCHOOL?
Vomiting:	Throwing up one or more times in the past 24hrs.		Yes – until no vomiting for 24hrs or a health care provider says it is not contagious; watch for other signs of illness and for dehydration.
Diarrhea:	Loose or watery stools, more frequent than child's normal bowel movements that are not caused by food or medicine.		Yes – until diarrhea subsides for 24 hours without the use of medication or a health care provider says it is not contagious. If volume of stool is greater than normal, student is at risk of dehydration and should stay home to rest and rehydrate.
Norovirus: (Norwalk)	<ul style="list-style-type: none"> ○ vomiting ○ diarrhea ○ cramping ○ mild fever 		Yes - Children and staff who are sick with vomiting and diarrhea should stay at home until 2 days after their symptoms go away. Even when diarrhea and vomiting have stopped, the virus can still be in the bowel movements.
Fever:	A fever is anything above 37.5C (99.5F).		Yes – when fever is elevated above 37.5C and is accompanied by behavior changes or other symptoms of illness. <i>Child may return to school 24 hours after the fever is gone without the use of medicine that reduces fever.</i>
Influenza:	<ul style="list-style-type: none"> ○ sore throat ○ runny nose, congestion ○ fever/chills ○ cough 	<ul style="list-style-type: none"> ○ muscle or body aches ○ headaches ○ fatigue (tiredness) ○ vomiting/diarrhea (more common in children) 	Yes – for at least 24 hours after the fever is gone, without the use of medicine that reduces fever.
Cold:	<ul style="list-style-type: none"> ○ runny nose, congestion ○ mild cough ○ sneezing ○ watery eyes 	Please note: fever does not usually accompany the common cold	Yes – until symptoms have improved, and they are able to participate in their usual activities.
Respiratory Illness: RSV (Respiratory Syncytial Virus)	<ul style="list-style-type: none"> ○ runny nose, congestion ○ decreased appetite ○ cough 	<ul style="list-style-type: none"> ○ sneezing ○ wheezing ○ fever 	Yes – until fever free for 24 hours without the use of fever reducing medication and symptoms have improved, and they are able to participate in their usual activities.
COVID-19	<ul style="list-style-type: none"> ○ fever ○ cough ○ fatigue (tiredness) ○ loss of taste or smell ○ sore throat ○ headache ○ muscle or body aches ○ diarrhea ○ red or irritated eyes 	Serious Symptoms: <ul style="list-style-type: none"> ○ difficulty breathing or shortness of breath ○ loss of speech or mobility ○ confusion ○ chest pain ○ rash, discoloration of fingers/toes 	Yes - until fever, vomiting and diarrhea have stopped for 24 hours without the use of medication. Symptoms have improved, and they are able to participate in their usual activities. Consider wearing a mask if student has lingering cough or mild lingering symptoms.

Rash with Fever:	Body rash without fever or behavior change usually does not need to stay home from school; call the health care provider to confirm.	Yes – Seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated. May return to school when medical provider determines that illness is not communicable.
Conjunctivitis (Pink Eye):	Pink or red eye(s) with thick mucous or pus draining from the eye.	Yes (bacterial or viral) – If your child’s health care provider has prescribed antibiotic drops or ointment, your child should use the antibiotic for a full 24 hours before returning to school.
Head Lice:	<ul style="list-style-type: none"> o scratching/itchy head o adult lice o eggs - also called nits 	Yes – Head lice should be treated before returning to school, no live lice should be seen before returning. *See head lice policy for more detail. Visit: http://www.vch.ca/Documents/getting-rid-of-head-lice.pdf
Communicable Diseases:	Mumps, Measles, Whooping Cough, Streptococcal Infections, Fifth’s disease, Chicken Pox, Hepatitis, Herpes, Hand, Foot and Mouth Disease	Yes – If your child has been diagnosed with a communicable disease, it is important to consult with the diagnosing health care provider as to when your child is safe to return to school. Contact the school Health Centre Nurses to inform of diagnosis and plan a return to school.