



WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

Deciding when to keep a sick child at home from school is not always easy. While it is important for children to attend school and not miss instructional days, when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others within the classroom.

WHAT ARE IMPORTANT SIGNS OF ILLNESS?

Some important signs of illness are:

- * A temperature of more than 100°F
- * Nausea or vomiting
- * Diarrhea
- * Persistent/severe headache
- * Uncontrollable cough
- * Sore throat
- * Rash or infection of the skin
- * Red or pink eye
- * Stomach pain (severe/persistent)
- * Loss of energy or decrease in activity

WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SIGNS?

If your child has any of these symptoms, your child is not permitted at school until he or she is clear of these systems for 24 hours.

If the symptoms are severe or persist for more than 24 hours, you should contact your pediatrician. There may be times that your child does not show signs of the above-noted symptoms but may be ill and not feeling well. It is up to you to be alert to your child's health and to decide when it is best to send him/her to school even if the symptoms above are not present. Please let the Lower School Office know if your student will be out due to an illness by calling 301-576-2832 or sending an email montessorifrontoffice@barrie.org. For Middle & Upper School students, please contact the MUS Office at 301-576-2855 or send an email to lwilliams@barrie.org.

WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?

The Centers for Disease Control recommends that individuals stay home **"until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine."** <http://www.cdc.gov/flu/school/guidance.htm>

Generally, your child may return to school when he/she is free of signs of illness. However, there may be times when it is necessary for your child to see your source of medical care before returning to school. Please call the school nurse if you have any questions regarding a specific condition.

WHAT WILL HAPPEN IF MY CHILD BECOMES ILL AT SCHOOL?

If your child complains of being sick or is not well enough to participate in classroom activities, we will contact you directly. Therefore, it is important that you provide the school with up-to-date information and phone numbers to call in case it is necessary to contact you for pick up as soon as possible.