



ROBERTSON COUNTY SCHOOL NURSING SERVICES

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Send Home-Stay Home Guidelines

The following are some guidelines you may use when deciding whether to keep your child at home or to send him to school. The school staff and school nurse will use these guidelines when determining whether your child should be sent home from school. If you are unsure, call your child's healthcare provider.

Fever

Fever is generally defined as a core body temperature of 100.4°F or greater (not 104°F). **A reading of 100°F or more with any thermometer is a fever.**

Your child should be without fever for a full 24 hours, **without fever-reducing medication**, before returning to school. This is because sick children often do not develop fever until the afternoon or evening. If your child has fever, **do not** give fever-reducing medication (Tylenol, Advil, etc.) then send them to school.

Vomiting

If your child vomits in the morning, observe them for at least 1 hour before sending them to school. If they have no further episodes and are able to eat a light meal, they may go to school. If they have a second episode, keep them home. Your child should be free from vomiting episodes **for a full 24 hours** prior to returning to school.

Diarrhea

A child with one episode of mild diarrhea may be able to go to school, but if they need to go to the toilet more frequently than usual due to loose stools, they should stay home. Vomiting and diarrheal illnesses are extremely contagious, so make sure your child washes their hands with soap and water after toileting and before eating. Your child should be free from diarrheal episodes **for a full 24 hours** prior to returning to school.

Sore Throat

Most sore throats occur due to a mild viral illness and will self-resolve. If a child has no fever and does not feel otherwise ill, they may attend school. If the sore throat is accompanied by other symptoms such as headache, stomachache, and/or rash, the child should see their healthcare provider to rule out strep throat or other illnesses.

Runny Nose or Cough

Most runny noses and coughs are due to mild viral illnesses or allergies which will self-resolve. If the child has no fever and feels otherwise well, they may attend school. If your child is sick enough to sleep extra hours during the day due to their symptoms, they should stay home. This typically occurs during the first 2 or 3 days of an illness. If your child's runny nose or cough lasts longer than 10-14 days or worsens instead of improving, they may need to see a healthcare provider.

Red or Runny Eyes

Bacterial conjunctivitis ("pink eye") is a contagious infection of the lining of the eyeball and eyelids. Symptoms are redness of the white of the eye, swelling of the eye or eyelids, and discharge which is typically cloudy or yellowish green. If your child wakes up with their eyelids "glued together" with discharge, call your doctor and keep your child home. Careful hand washing is essential with bacterial conjunctivitis. If it is conjunctivitis they may return to school after they are treated for 24 hours.

Rashes:

Scabies is a common, very itchy rash caused by a mite burrowing under the skin surface. Small bumps or raised lines are visible on the forearms and hands, and on the trunk and groin area. Often other family members have it as well. Your healthcare provider should see your child if you suspect scabies. If diagnosed with scabies, upon return to school, your child must bring a note from the doctor as proof of treatment.

Impetigo is a contagious superficial skin infection which looks like a crusty yellowish scab or sometimes a large blister. It can be seen anywhere on the skin but is often found around the nostrils and lips. Your healthcare provider should see your child if you suspect impetigo.

Staph Infection/MRSA are commonly seen in school-aged children. Usually, it manifests as a pink or red, firm, very sore area. It may or may not have a "head" on it. Your child's healthcare provider should see your child if you suspect a staph infection. **Upon return to school please provide proof of treatment and lesions must be covered.**

Fifth's Disease is a common viral rash which causes bright red cheeks ("slapped cheek disease"), followed by a pink, flat, lacy-appearing rash on the upper arms and tops of the thighs. Most children feel well with it, and once they develop the rash, they are no longer contagious. **They may attend school.**

Ringworm is not a worm, it's a contagious infection caused by a fungus. Symptoms are small, red, raised, scaly spots that are itchy and grow in a circular pattern. Ringworm can be treated with anti-fungal creams, over the counter, such as Tinactin, Micatin, or Lotrimin. **Your child may return once ringworm treatment has begun, and it must be covered.**

This covers some, not all, conditions that may require your child to be sent home. Our school nurse's goal is to keep your child in school at their optimal health. Please call your school nurse with any questions or concerns.

Thank You,

Robertson County School Nurses