

When Should I Keep My Child Home?

Sometimes it is hard to tell if your child needs to go to school or stay home. Here are a few tips to help you make that decision. If your child is experiencing [COVID-19 symptoms](#), please refer to [LSSD District COVID-19 Safety Plan](#) or contact your building nurse.

Fever

A temperature, taken orally, that is 100.4 degrees Fahrenheit or higher, is considered a fever. Children should be fever-free without fever reducing medication, for at least 24 hours before sending them to school.

Vomiting/Diarrhea

Anytime a child vomits or has diarrhea, he/she needs to be isolated from other children. Children should be vomit/diarrhea free without medication, for at least 24 hours before sending them to school.

Nasal Drainage/Cough

A runny nose by itself is not necessarily cause to keep your child home. Consider the color of the drainage. Clear drainage is usually associated with allergies or the start of a viral infection. Yellow or green drainage may be a bacterial infection. If the runny nose is associated with a sore throat, nausea or unusual fatigue, keep your child home and contact your healthcare provider if symptoms do not improve within 24-48 hours. Severe coughs or those lasting longer than 2 weeks should be evaluated by your health care provider to rule out Pertussis or “whooping cough”. Your child should be kept home if the cough is persistent and they are unable to fully attend to their work or their continuous coughing is disruptive to their peers or teacher.

Many children suffer from chronic low-grade sinus infections that hang on for months if untreated. Their symptoms include fatigue, sore throat, especially first thing in the morning, headaches and stomach aches. If your child displays these symptoms please check with your doctor to see if your child needs treatment.

Rash

Any rash of unknown cause should be considered contagious. Please have your child examined by a physician to determine the cause and communicability of the rash before sending him/her to school. The child may not return to school unless there is a letter from the medical professional stating that the rash is not communicable in nature or no longer is present.

Eye Infection

Signs and symptoms of an eye infection may include itching and/or burning of the eyes, discharge from the eyes (white, yellow or green), eyelids that stick together, swollen eyelids, redness on the white area of the eye (conjunctiva). Any person who comes in contact with the discharge from an infected eye is at risk for infection. It is recommended that individuals with eye discharge be excluded from school at the end of the day until the drainage is gone or until the child has been evaluated by a medical professional.

Other

For other specific diseases or health difficulties it is always a good idea to contact the school nurse for information and resources anytime.

What if they feel worse at school?

It is not unusual for students to feel better in the morning and then worse as the day goes along. The school is not equipped for prolonged care of your sick child. **We require that you or an emergency contact will pick up your sick child within the hour that you are called.** It is important for the school to have a list of local emergency contacts that are available for your child in the event that we are not able to reach you. Please notify the school if there are any changes to your contact or if your information changes.