Selah School District No. 119

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When to Keep Your Child Home from School



It seems like there is always something going around when it comes to kids. Here are some **guidelines to help you to know when to keep your child home from school:**

APPEARANCE/DISCOMFORT
If your child appears unusually tired, irritable, pale or has an unusual lack of appetite, you may want to consider not sending him or her to school.

VOMITING /DIARRHEA
If your child has experienced vomiting and/or diarrhea during the night or in the morning before going to school, please do not send them to school. **Your child should have had no diarrhea, vomiting or fever for 24 hours before sending them back to school.**

EYES
We understand that eyes are sometimes swollen and irritated by allergens or virus. Because of the extremely contagious nature of Bacterial Pink Eye you are asked to consult with your doctor before sending your child to school with these symptoms: Thick mucus or pus draining from the eye, or if eye is red, puffy, itchy and/or painful. Your child can attend school 24 hours after starting medical treatment for bacterial Pink Eye.

FEVER
Temperature of 100° or higher is an indication that your child could be contagious. Giving a child Tylenol or Ibuprofen will bring the temperature down, and make them more comfortable, but will not prevent them from passing their illness on to classmates. **Your child must have no fever for 24 hours before sending them back to school.**

RASH
A body rash, especially with fever, itching, and open and/or draining sores indicates something contagious.

HEAD LICE
Children can return to school after their hair has been treated with lice shampoo. The student needs to check in with the health room staff before returning to class.

SEVERE SORE THROAT/ COUGH
If your child has a fever and/or swollen glands in the neck, he or she may be contagious and should not be in school. In addition, a frequent, severe cough can be a distraction to the class.

OTHER ILLNESSES
If your child has been diagnosed by your healthcare provider, with a contagious illness, please notify the school as soon as possible. (Examples: chicken pox, pink eye, flu, whooping cough, MRSA, etc…)

UPDATE HEALTH CARE RECORDS AT SCHOOL
Be sure to update health care records at school if your child has newly acquired allergies or has an illness that the school nurse should be aware of. Our goal is to keep all of our children as safe and healthy as possible. It is only with your help that we are able to accomplish this.

If you have any questions, please call the District Nurse:

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Selah School District Nurses