



White Plains Public Schools  
HEALTH SERVICES  
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**Director of Nursing Services**

### ***GUIDELINES FOR KEEPING CHILDREN HOME FROM SCHOOL DUE TO ILLNESS***

With “cold and flu” season officially upon us, we want to be sure that we are all taking proactive steps to keep our school community healthy and well.

Some parents/guardians ask, “When is my child sick enough to stay home from school?”

We know that this is not always an easy question to answer, and we hope the following information is helpful, should you need to consider keeping your child home from school due to illness.

We all know that a child who is sick may be less likely to perform well in school and is likely to spread communicable illnesses to other children and staff members. As it is difficult to predict when illness may arise, we suggest planning for the possibility and any childcare needs ahead of time so you will not be caught without a comforting place for your child to stay if they become ill.

It is recommended that parents/guardians keep their child/children at home when experiencing the following illnesses. Additionally, it is recommended that parents/guardians consult with their child’s healthcare provider with any concerns regarding their child’s health.

- **Common Cold** – Symptoms may include irritated throat, watery discharge from the nose or eyes, sneezing, chills and/or general body aches. Keep your child home if symptoms are serious enough to interfere with your child’s ability to learn. Seek care from the doctor if symptoms persist beyond 7-10 days and/or if fever or cough producing phlegm develops, and/or nasal discharge becomes yellow or green.
- **Cough** – Any cough that interferes with the child’s ability to fully participate in classroom activities. Seek care from the doctor if the cough lasts beyond 7-10 days, or if coughing produces phlegm.
- **Fever – If the child’s temperature reaches 100.0 degrees or higher, they should remain at home until they are without a fever for a full 24 hours, without using fever-reducing medicine.** It is important to remember that a fever is a symptom indicating the presence of an illness.
- **Flu** – Symptoms may include abrupt onset of fever, chills, headache, and/or sore muscles. Runny nose, sore throat and cough are also common. Your child should stay at home until the symptoms are gone and they are without a fever for 24 hours without the use of fever-reducing medicine.
- **Pain** – If your child complains or their behavior indicates they are having persistent pain, they should see a doctor before being sent to school.

- **Conjunctivitis “Pinkeve”** – The white of the eye may appear red and swollen with burning/itching sensation and pus-like drainage. This infection requires treatment from a doctor. Your child may return to school following doctor recommended/prescribed treatment.
- **Strep Throat** – The throat may appear severely red, swollen and/or present with whitish pus spots toward the back of the throat. Other symptoms may include soreness, fever, swollen glands of the neck, nausea, or vomiting. Strep Throat requires treatment from a doctor. Your child may return to school following doctor recommended/prescribed treatment.
- **Skin Rashes** – If your child has a rash of unknown origin, they must be seen by a doctor before coming into school.
- **Vomiting & Diarrhea** – Your child should remain at home until vomiting, diarrhea and/or fever free for 24 hours without the use of medication.
- **COVID-19** – If your child tests positive for COVID-19 they must remain home 0-5 days totaling 6 days from the time they began symptoms, or if asymptomatic, 6 days from the time they test positive. They may return to school on day 7 if symptom-free and fever-free for 24 hours without using fever-reducing medication. It is recommended that individuals wear a form-fitting mask when returning to school/work until the end of day 10.

If your child becomes ill at school, and the teacher or nurse believes they are too sick to benefit from school or that they may be contagious to other children, you will be called to pick them up from school. The school nurse may also recommend that your child visit the doctor for further medical assessment or intervention dependent upon the symptoms present at the time of assessment. The school must have a phone number where you can be contacted during the day and an emergency number in case you cannot be reached.

Please be sure that arrangements can be made to transport your child from school to your home in case of illness. If your daytime or emergency phone number changes during the year, please notify us immediately.

Please feel free to call the school’s Health Office if you have any questions or concerns.

### **White Plains School District Nurses’ Offices**

<b>School</b>	<b>Phone Number</b>
WHITE PLAINS HIGH SCHOOL	914-422-2238, 914-422-2231, 914-422-3526
ROCHAMBEAU HIGH SCHOOL	914-422-2020
HIGHLANDS MIDDLE SCHOOL	914-422-2264, 914-422-2133
EASTVIEW MIDDLE SCHOOL	914-422-2412
CHURCH STREET	914-422-2403
GEORGE WASHINGTON	914-422-2386
MAMARONECK AVENUE	914-422-2291
POAST ROAD	914-422-2326
RIDGEWAY	914-422-2084