



Please keep me home if

We understand that it can be difficult to know what to do when your child develops health issues on a school day. The decision may mean you'll have to miss work to stay home with your child or that you will get the dreaded middle of the day phone call from the school nurse. It's important to remember that the guidelines to keep your child home are in place to keep your child and the school community safe and healthy. Here are the guidelines to help with your decision to send or keep home:

- **Fever:** a common symptom of infections. Keep your child home if their temperature is 100° F or higher. Your child may return to school after they have been fever-free for 24 hours without the use of fever-reducing medications.
- **Diarrhea:** often the result of infection, side effect of antibiotics, or dietary-related. Keep children home until stools are formed and your doctor gives the okay for return. Make certain your child stays well-hydrated.
- **Vomiting:** usually caused by a stomach virus or infection. Children should be kept at home at least 24 hours after vomiting has subsided and they are able to tolerate liquids and solid foods. Stomach viruses are very contagious. Again, remember that hydration is very important.
- **Sore throat:** can be a symptom of strep throat or a common cold. If diagnosed with strep throat, keep your child home for at least 24 hours after beginning antibiotics. If a mild cold, may be sent to school.
- **Pinkeye (conjunctivitis):** contagious and children should remain at home for the first 24 hours after treatment has begun. Symptoms may include: redness, irritation, itching, drainage, swelling, water eyes, and swelling.
- **Rashes:** can be a sign of contagious conditions. Children should be kept home until they are diagnosed and their doctor clears them for return.
- **Unusually tired, irritable, pale, lack of appetite:** may not be ready for a rigorous day at school
- **Cough, congestion, runny nose, cold symptoms:** should I keep my child home with a cold? If cold symptoms include a fever or if the cough is excessive enough to disrupt learning, please keep your child home to rest. If your child is lethargic or not eating or if they need help controlling their symptoms, such as their teacher having to constantly wipe their nose or if your child has trouble covering their cough, those would be reasons to stay home.

- **Head Lice:** associated with a high level of anxiety amongst parents but do not transmit infections. Control of head lice depends on timely diagnosis and effective treatment. If confirmed, it is recommended that you consult with your pediatrician or primary care provider for treatment options and guidance. Students may return to school after being treated. The school nurse will check your child upon his/her return.

Is it Covid?

The continued circulation of Covid-19 has only complicated illnesses for school-aged children. It is difficult to know how to handle "routine" childhood illnesses and sick days now that we are trying to determine if it is Covid or not. Since many of the symptoms overlap with other common illnesses, I would recommend keeping a small supply of rapid tests handy. If your child is having symptoms, they should be tested. The following can be symptoms of Covid, many of which are discussed on the reverse side: fever, cough, congestion, difficulty breathing or shortness of breath, chest pressure, headache, sore throat, body aches and pains, fatigue, vomiting, diarrhea, rash, loss of taste and smell.

Good Hygiene Is a Must!

Proper hand-washing is the best way to prevent the spread of germs. Please teach your child to:

- Wash their hands frequently: especially after using the bathroom, blowing their nose, and before eating
- Cough into their elbow
- Use kleenex
- Cover their nose and mouth before a sneeze
- Refrain from sharing food and utensils
- Use hand sanitizer

Illnesses these days can be challenging to navigate. Trust your instincts, as you best know your child's health needs, and never hesitate to seek guidance from your pediatrician for any questions or concerns.

Reminder:

If your child is absent, (or will not be present for attendance in the morning) the school office must be notified by 8:00 AM, either by phone at: **717. 774. 7464**, or by email at: stsoffice@sainttheresaschool.org.

Please refer to Absences/Attendance/Appointments policy in The Student Handbook which can be found on the school website.