Sick Day Guidelines: Making the right choice!

Dear Parents:

To help prevent the spread of illness, we would like to give you some guidelines to help with your decision on whether or not to send your child to school. We ask that you keep your child home if he or she:

- Has a fever of 100.4 (oral) degrees or higher
- Has stomach cramps and or vomiting
- Has a sore throat with fever (see below)
- Has a persistent cough (dry or productive)
- Has diarrhea (three or more episodes in 24 hrs)
- Has a rash or open and draining sores
- Has symptoms that prevent him or her from participating in school, such as:
    - Excessive tiredness or lack of appetite
    - Headaches, body aches, earaches
    - Severe sore throat (*could be strep-throat even without fever. Other symptoms of strep throat in children are headache & stomach upset. Contact your pediatrician to assess or diagnosis strep throat*).

If you child has recently been ill, please be aware of the following guidelines before having your child return to school, athletic or social activities:

- They should feel fit for at least 24 hours.
- Be free of fever for at least 24 hours **(without medication)**
- Be free of vomiting and or diarrhea for at least 24 hours.
- If strep throat, they must be on the appropriate antibiotic for at least 24 hours.
- If conjunctivitis, they must be on the appropriate eye drops for at least 24 hours or cleared by a physician.
- Rash illnesses should be assessed by a doctor. If chicken Pox is suspected, keep home for at least 5 days after the appearance of the rash or until all blisters have scabbed over.

To keep children healthy, make sure they have plenty of rest and a nutritious diet. Show your child the proper way to wash their hands and to do it frequently throughout the day. Make sure to use soap & water and to rub hands together for at least 20 seconds. Limit touching areas such as the eyes, nose or mouth. Teach your child to cover coughs and sneezes with a tissue or their arm. Minimize the time your child spends with others who are ill. Avoid sharing personal items such as hats, brushes, combs, lip balms or towels.

Please notify the school if your child has been diagnosed with an infectious condition such as strep throat, chickenpox, scarlet fever, pertussis, head lice, etc.

Thank you for you cooperation.

Information provided by Lake County Health Department/Community Health Center