



BEDFORD CENTRAL SCHOOL DISTRICT

School Health Services
THE FOX LANE CAMPUS, P.O. BOX 180
MOUNT KISCO, NEW YORK 10549
914-241-6000

Dr. Robert Glass
Superintendent of Schools

Dr. Louis Corsaro
Medical Director

When to Keep Your Child Home from School:

Dear Parents,

Please use the following guidelines to help stop the spread of illnesses in our school. Your children's health is foremost on our minds.

- **Please keep your child home from school if they have a fever** (often a temperature of 100.0 or higher signals an illness or contagion). Your child must be fever free for a full 24 hours before returning to school, *without* the use of fever reducing medication, such as Tylenol, Motrin or Advil.
- **Please keep your child home if they vomited or had diarrhea the night before or the morning of school.** Please maintain the 24-hour rule; vomit free and/or diarrhea free; as well as being able to tolerate a regular diet for 24 hours before the child can return to school.
- **Please give your child a full 24 hours at home, once placed on antibiotics** for contagious diseases such as: strep throat, bronchitis, conjunctivitis (pink eye) and impetigo.
- **Please keep your child home if they exhibit flu-like symptoms or Covid symptoms. Contact your child's provider for:** fever accompanied with chills, cough, sore throat, runny nose, muscle pain, fatigue, persistent vomiting and diarrhea.

Additionally, please keep your child home if:

- Their cough is not under control. (*Please note cough drops, and over-the-counter cough medicine, require a doctor's note*).
- They have a rash accompanied by a fever or behavioral changes. It is recommended the child be seen by their pediatrician.

Thank you for adhering to these guidelines and for helping maintain a healthy school environment for our children.

School Nurse