

School and Illness: Should Your Child Stay Home?

Keep your child home from school if they:

- Are too sick to participate in normal activities.
- Need a level of care or observation not manageable at school.
- Recovering from any surgery or serious injury requiring narcotic pain medication, do not return to school until narcotic pain medication is no longer needed.

What is my symptom?	When should I stay home and when to seek medical care?	When can I return to school?
Fever	I have a fever of 100.4°F (38°C) or higher. Seek medical care if I have a fever and any of the following: ear pain, sore throat, rash, stomachache, headache or tooth pain.	I have not had a fever for 24 hrs, without the use of fever-reducing medication and I am feeling better.
Vomiting and/or Diarrhea	If I have vomited in the last 24 hrs. If my stool is watery and I may not make it to the toilet in time. Seek Medical Care if I have stomach cramping and fever, I have bloody or black stool, or I am showing signs of dehydration (tired and sleepy, dry mouth and not urinating at least once in the last 8 hours.)	I did not vomit or have diarrhea for 24 hrs. I am able to drink liquids without throwing up.
Persistent Cough or Trouble Breathing	Seek medical care if I have a persistent cough, difficulty breathing or if I develop a fever with the cough. These symptoms may be signs of the flu or covid-19 and should be evaluated by a health-care provider,	Once I am feeling better and I have been cleared for return by my health-care provider. If my symptoms were due to asthma, please make sure that I have permission to use breathing medication at school.
Rash	Seek medical care if I have a rash that has blisters, is draining, is painful, looks like bruises and/or if I develop a fever.	Rash has healed or I have been cleared for return by my health-care provider.
Severe Sore Throat	Seek medical care if I have drooling, trouble swallowing or a fever and/or rash.	Once I am feeling better. If I was prescribed an antibiotic by my health-care provider, then I can return 24 hrs after the first dose, if I am fever free without the use of fever-reducing medication.

Returning to School After an Illness



Important Reminder:

In order to protect the teachers, staff, and other students at our school, we ask that your child meet the following guidelines before returning to school after being sick. If you have any questions about your child returning to school, please contact the school nurse.



Temperature less than 100 degrees without fever reducer for 24 hours.
No vomiting or diarrhea in the last 24 hours.



If prescribed antibiotics, return to school only after student has been taking the antibiotic for 24 hours.



If student has had a surgical procedure, do not return to school until narcotic medications for pain are no longer needed.



Keep student home for severe sore throat, excessive cough producing phlegm, severe headache, earache, or stomachache.



No live lice



If your child has ANY illness that makes him or her unable to eat/drink/sleep or otherwise carry out their normal school activities without pain, discomfort, or fatigue, please keep them home until the illness has passed.