

WHEN TO KEEP A CHILD HOME WITH ILLNESS

It can be hard to know when to send children to school if they tell you that they do not feel well. Usually, the best place for them is in school, but there are some times when keeping them home to rest or call for an appointment with your health care provider is recommended especially during our current Covid-19 pandemic .

Please keep your child home and/or contact via phone, your child's doctor for:

- Fever greater than 100.0 (taken by mouth), chills
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection or possible exposure, known or unknown to COVID-19
- Honey-crusted sores around the nose or mouth, or rash on other body parts
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever
- Shortness of breath, persistent cough,
- Muscle pain
- New loss of taste or smell

If your child has a fever, it is not a good idea to give them medicine like Tylenol or Advil and send them to school because as soon as the medicine wears off, the fever may return and you will be called to come and pick up your child. During the current pandemic of COVID-19 students temperatures will be taken daily before entering the school either before getting on the bus or as they enter either the elementary or high school buildings.

Please keep children home for 24 hours after the fever ends or they have completed 24 hours of medication if prescribed by your health care provider for symptoms or illnesses other than symptoms of COVID-19. Please follow these CDC guidelines in conjunction with your healthcare provider's guidance

If you find your child is frequently asking to stay home from school, if they are falling behind or appear anxious about school, or if there does not appear to be any physical symptoms, contact your school nurse and your health care provider to discuss your concerns. Social emotional staff at school may also be a valuable resource for you and your child.

Remind children to throw away used tissues, cover their mouths and noses when they cough or sneeze using a tissue or their elbow, keep their hands away from their face, and to wash hands often with soap and warm water for a minimum of 20 seconds or by using alcohol based hand sanitizer. These steps will help keep everyone healthier.

Please call us with any concerns or questions.

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