



White Plains Public Schools
HEALTH SERVICES
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Director of Nursing Services

GUIDELINES FOR KEEPING CHILDREN HOME FROM SCHOOL DUE TO ILLNESS

With “cold and flu” season officially upon us, we want to be sure that we are all taking proactive steps to keep our school community healthy and well.

Some parents/guardians ask, “When is my child sick enough to stay home from school?” We know that this is not always an easy question to answer, and we hope the following information is helpful, should you need to consider keeping your child home from school due to illness. We all know that a child who is sick will be less likely to perform well in school and is likely to spread communicable illnesses to other children and staff members.

It is recommended that parents/guardians keep their child/children at home when experiencing the following illnesses.

- **Common Cold** – Symptoms may include irritated throat, watery discharge from the nose or eyes, sneezing, chills and/or general body aches. Keep your child home if symptoms are serious enough to interfere with your child’s ability to learn. Seek care from the doctor if symptoms persist beyond 7-10 days and/or if fever or cough producing phlegm develops, and/or nasal discharge becomes yellow or green, coughing become progressively worse, or if cough keeps child awake at night.
- **Cough** – Any cough that interferes with the child’s ability to fully participate in classroom activities. Seek care from the doctor if the cough lasts beyond 7-10 days, if coughing phlegm, coughing gets progressively worse, or if cough keeps your child awake at night.
- **Fever – If the child’s temperature reaches 100.4 degrees or higher, they should remain at home until they are without a fever for a full 24 hours, without using fever-reducing medicine. It is important to** remember that a fever is a symptom indicating the presence of an illness.
- **Flu** – Symptoms may include abrupt onset of fever, chills, headache, and/or sore muscles. Runny nose, sore throat and cough are also common. Your child should stay at home until the symptoms are gone and they are without a fever for 24 hours without fever-reducing medicine.
- **Pain** – If your child complains or their behavior indicates they are having persistent pain, they should see a doctor before being sent to school.
- **Conjunctivitis “Pinkeye”** – The white of the eye may appear red and swollen with burning/itching sensation and, pus-like drainage. This infection requires treatment from a doctor. Your child may return to school following doctor recommended/prescribed treatment.
- **Strep Throat** – The throat may appear severely red, swollen and/or present with whitish pus spots toward the back of the throat. Other symptoms may include soreness, fever, swollen glands of the neck, nausea, or vomiting. Strep Throat requires treatment from a doctor. Your child may return to school following doctor recommended/prescribed treatment.

- **Mycoplasma Pneumoniae (Walking Pneumonia)** – Can cause respiratory tract infection. Symptoms include fever, headache, slowly worsening cough, sore throat, extreme fatigue, possible abdominal discomfort. Seek medical for persistent worsening cough or symptoms.
- **Skin Rashes** – If your child has a rash of unknown origin, they must be seen by a doctor before coming into school.
- **Vomiting & Diarrhea** – Your child should remain at home until they are 24 hours without vomiting or diarrhea or fever that may accompany these symptoms.
- **COVID-19** – Symptoms may include fever, headache, sore-throat, , chills and/or general body aches, and cough. Your child can return to school when they are symptom-better and fever-free for 24 hours without using fever-reducing medication.

It is recommended that parents/guardians consult their child’s health care provider with any concerns regarding their child’s health.

If your child gets sick at school and the teacher or nurse thinks they can't benefit from being there, or may be contagious to other children, we will call you to pick them up. The school nurse may also suggest that you take your child to a doctor for further evaluation based on their symptoms.

Make sure the school has your daytime phone number and an emergency contact number in case we cannot reach you.

Have a plan for how to get your child home if they become ill. If your contact numbers change during the year, please let us know right away.

If you have any questions or concerns, please call the school’s Health Office.

White Plains School District Nurses’ Offices

SCHOOL	PHONE NUMBER
HIGH SCHOOL	914-422-2238, 914-422-2231, 914-422-3526
ROCHAMBEAU HIGH SCHOOL	914-422-2020
HIGHLANDS MIDDLE SCHOOL	914-422-2264, 914 422-2133
EASTVIEW MIDDLE SCHOOL	914-422-2412
CHURCH STREET	914-422-2403
GEORGE WASHINGTON	914-422-2386
MAMARONECK AVENUE	914-422-2291
POAST ROAD	914-422-2326
RIDGEWAY	914-422-2084