



# LAKEWOOD

## SCHOOL DISTRICT

Lakewood School District | 17110 16<sup>th</sup> Drive NE | Marysville, WA 98271 | 360-652-4500 (office) | 360-652-4502 (fax)

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### When Your Child is Too Sick for School

#### Keep your child at home if they have:

- **Fever:** 100°F (37.8°C) or higher.
- **Vomiting:** One or More times.
- **Diarrhea:** More than once in 24 hours.
- **Severe cough:** Especially with mucus or if it causes breathing trouble.
- **Sore throat:** Especially with fever or swollen glands.
- **Rash:** If it's spreading or accompanied by fever.
- **Eye infection:** Red, itchy, or crusty eyes.
- **Head lice:** live lice are seen.

### When Your Child Can Return to School

#### Your child can return to school when:

- **Fever-free:** For 24 hours without the use of fever-reducing medications.
- **Symptom-free:** From vomiting and diarrhea for 24 hours.
- **Cough and cold:** Symptoms are mild and they can manage them at school.
- **Rash:** Is cleared or a doctor has confirmed it's not contagious.
- **Eye infection:** After 24 hours of treatment and no discharge.
- **Head lice:** After treatment and no live lice are seen.

### Tips for Keeping Your Child Healthy

- **Handwashing:** Encourage frequent handwashing with soap and water.
- **Vaccinations:** Keep your child's vaccinations up to date.
- **Healthy diet:** Provide a balanced diet with plenty of fruits and vegetables.
- **Rest:** Ensure your child gets enough sleep each night.

For any questions or concerns, please contact the Lakewood School District Health Team.

District Nurse Gwen Grubb at 360-654-2098