



EVANGELICAL CHRISTIAN SCHOOL

WHEN TO STAY HOME

Please help us decrease the spread of illness at school by keeping your child at home when they are sick. The common illnesses listed below all spread through contact with an infected person. If your child is sent home from school with any of the following, they may not return to school the following day and until they have met the return-to-school guidelines as stated below.

- 1) **Nausea/Vomiting/Diarrhea:** your child must be N/V/D-free for 24 hours before returning. If your child has N/V/D while at school, they will be sent home and cannot return the next day. The 24-hour clock starts with the last instance of N/V/D.
- 2) **Fever:** If your child is sent home with a temp of 100 or above, they may not return to school the following day, and must be fever-free for 24 hours without using fever-suppressing medications. If using these medications (Advil, Tylenol etc), the 24-hour clock begins after the last dose of Advil/Tylenol has worn off (4-6 hours ***after giving the dose***). The 24-hour fever-free rule applies regardless of the source of the fever.
- 3) **Hand Foot & Mouth Disease:** children are usually fussy and won't eat or drink well with HF&M, so keep them at home until symptoms improve and the blisters are dry.
- 4) **Lice:** your child needs to be lice & nit (egg) free and needs to be checked by the school nurse before returning. There are multiple approaches to eliminate lice—prescription shampoo, over-the-counter shampoo, Lice Doctors, house call from the Lice nurse, etc.
- 5) **Respiratory Illnesses:** common cold, covid, flu, sinus infection, strep throat, etc. Whether viral or bacterial, these spread by airborne droplets from talking, sneezing, coughing etc. Please keep your child at home if they have these symptoms and take them to their pediatrician for treatment. Antibiotic use for 24 hours for strep throat is required for return.
- 6) **Pink Eye:** if your child wakes up with their eyelashes crusty and the white areas of their eyes are pink-red and glassy or watery, they likely have pink eye. Antibacterial eyedrops are needed if the source is bacterial--- after 24 hours of using the eyedrops, they can return to school.
- 7) **Impetigo:** if your child has a honey-colored crust on any sores that are not healing, it is likely impetigo. They need to be seen by their pediatrician and started on a topical antibiotic. If deemed necessary by the pediatrician, they may also need an oral antibiotic. They may return to school 24 hours after starting the antibiotic, and any sores must be covered while at school until fully healed.