



How Sick Is Too Sick for School?

How to decide when your student should stay home.

In general, students are too sick to come to school when either:

- They are contagious
- Their symptoms are serious enough to prevent them from focusing on the tasks they need to do in school

Use this checklist to determine whether to keep your student home from school.

	YES	NO
Does your student have a fever of 100.4 degrees F or higher?		
Has your student vomited one or more times in a 24-hour period		
Does your student have diarrhea?		
Are your student's eyes crusty, bright red, or discharging yellow or green fluid (conjunctivitis/pink eye)?		
If your student complains of a sore throat, is it accompanied by fever, headache, stomachache, or swollen glands?		
If your student complains of a stomach ache, is it accompanied by fever, vomiting, diarrhea, lethargy, sharp pain, or a hard belly?		
Does your student have lice (white, translucent eggs the size of a pinpoint on the hair or insects on the scalp)?		





If you answered **yes** to any of these questions, **please keep your child home from school** and consider seeking medical attention. Your child could have a serious or contagious illness. Keep your child home until symptom-free for at least 24 hours or until the doctor indicates that the child can return to school.

- Children who have a cold, headache, or stomach ache that is not accompanied by a fever, vomiting, or diarrhea can probably come to school.
- If your child has a rash, it could be contagious. Please seek medical advice before allowing your child to come to school.
- Earaches are not contagious. Children can come to school if they can concentrate on their work.

If you have any further questions please contact the school nurse at:

- Northwest High School 817-4881
- Northwest Connect 817-4881
- Northwest Middle School 817-4987
- Northwest Elementary 817-4805
- Northwest Early Elementary 817-4915

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE A PERSISTENT COUGH	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE A COMMUNICABLE DISEASE
							
Temperature of 100.4 or higher	Within the past 24 hours	Croupy cough	Within the past 24 hours	Impetigo, ringworm, or body rash with itching or fever	Itchy head, active head lice or nits	Redness, itchy, and/or "crusty" drainage from eye(s)	Flu, measles, MRSA, strep, Covid-19, etc.

I AM READY TO RETURN TO SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medicine (i.e. Tylenol or Motrin).	Free from vomiting for at least 24 hours and have at least 2 solid meals.	Cleared by a doctor and have a note specifying continued symptoms are not contagious to others.	Free from diarrhea for at least 24 hours.	Free from rash, itching, open sores, and fever. And evaluated by my doctor if needed.	Once treated, a parent must bring the student to school to be checked by the school nurse or secretary.	Evaluated by doctor, have begun appropriate medication and have waited 24 hours from 1st dose of antibiotic or have physician documentation with an alternative diagnosis for return to school.	No longer contagious and the incubation period for any communicable disease has passed.
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Updated 5/7/25



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NECESITO QUEDARME EN CASA SI...

TENGO FIEBRE	ESTOY VOMITANDO	TENGO TOS PERSISTENTE	TENGO DIARREA	TENGO SARPULLIDO	TENGO PIOJOS	TENGO UNA INFECCION EN LOS OJOS	TENGO UNA ENFERMEDAD TRANSMISIBLE
							
Temperatura de 100,4 o superior.	En las últimas 24 horas.	Tos <u>crupia</u> .	En las últimas 24 horas.	Impétigo, tiña, o cuerpo sarpullido con picor y fiebre.	Picazón en la cabeza, piojos o liendres activos.	Enrojecimiento que produce picor y/o "crujiente" drenaje de los ojos.	gripe, sarampión, SARM, estreptococo, COVID-19, etc.

ESTOY LISTO PARA REGRESAR A LA ESCUELA CUANDO ESTÉ...

Sin fiebre durante 24 horas sin el uso de antifebriles. medicamento (Tylenol, Motrin, etc.)	No tener vómitos durante al menos 24 horas y realizar al menos 2 comidas sólidas.	Limpado por un doctor y tener una nota especificando los síntomas continuos no son contagioso	Libre de diarrea durante al menos 24 horas.	Libre de <u>sarpullid</u> , picazón, llagas abiertas y fiebre. Y evaluado por doctor si es necesario.	Una vez tratado, el padre debe traer al estudiante a la escuela para que lo revise la escuela enfermera o secretario	Evaluado por médico, haber iniciado medicación adecuada y haber esperado 24 horas desde el 1º dosis de antibiótico o consultar a un médico documentación con un Diagnóstico alternativo para el regreso a clases.	Ya no es <u>contagioso</u> y ha pasado el período de incubación de cualquier enfermedad transmisible.
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Updated: 2/15/24

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