

Health Guidance for Going to School

Showing up to School every day is critical for children's well-being, engagement and learning.

Make sure to send children to school if they are :

- Generally healthy and well.
- Participating in usual day to day activities.
- Children can even go to school if:
 - Have a mild cold, which may include a runny nose and/or a cough.
 - Have eye drainage without fever, eye pain, or eyelid redness.
 - Have a mild stomachache.
 - Have a mild rash with no other symptoms.
 - Have head lice. Though they are annoying and should be treated, lice are not a reason to exclude a child from school.
 - Have not had a fever in 24 hours without fever reducing medicines.



Children may also avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache etc.) If you are worried that your child may be suffering from anxiety, talk with the teacher, the school nurse, school counselor, or other school staff to discuss the challenge and identify what can help your child stay in school.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to our school nurse about developing a plan with you and your child's health care provider to keep your child healthy and safe while attending school.

School Nurse

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School Counselor

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Reasons to keep me home from school and what needs to happen before I can return

What is my Symptom?	When should I stay home or seek medical help?	When can I go back to school?
Fever	<p>Stay home: I have a fever of 100.4 F (38 C) or higher.</p> <p>Seek medical care: If I have fever and any of the following: ear pain, sore throat, rash, stomachache, headache or tooth pain.</p>	<p>If I have been 24 hours fever free without fever-reducing medications.</p>
Vomiting and Diarrhea	<p>Stay home: If I have vomited in the last 24 hours. If my stool is watery and I many not make it to the toilet in time.</p> <p>Seek medical care: If I have stomach cramping and fever, I have bloody or black stool, or I am showing signs of dehydration (tired and sleepy, dry mouth and not urinating at least once in the last 8 hours).</p>	<p>If I have not vomited or had diarrhea in the last 24 hours.</p>
Persistent cough or trouble breathing	<p>Seek medical Care: If I have persistent cough, difficulty breathing or trouble catching my breath or if I develop a fever with the cough. These symptoms may be sign of Covid-19 or flu and should be evaluated by a health-care provider.</p>	<p>Once I am feeling better or have been cleared for return by my health-care provider. If my symptoms were due to asthma, please make sure that I have permission to use breathing medication at school.</p>
Rash	<p>Seek medical Care: If the rash has blisters, is draining, is painful, looks like bruises and/or if I develop a fever.</p>	<p>Rash has healed or I have been cleared for return by my health-care provider.</p>
Eye Irritation	<p>Seek medical Care: If I have eye swelling, eye pain, trouble seeing or an eye injury.</p>	<p>Once I am feeling better</p>
Sore Throat	<p>Seek medical Care: If I have drooling, trouble swallowing or a fever and/or rash.</p>	<p>Once I am feeling better. If I was prescribed an antibiotic by my health-care provider, then I can return 12 hours after the first dose, if I am without fever and I am feeling better.</p>