



Lake Elsinore Unified School District

Health Services

WHEN TO KEEP YOUR STUDENT HOME FROM SCHOOL

Below are guidelines for when to keep your student home when they are not feeling well, appear ill, weak, or are experiencing symptoms from any of the listed conditions.
Contact a health care provider if your student needs medical care.

	Symptom of Illness	When should my student stay home and when can they return?
	Overall, not feeling well	STAY HOME IF any new illness or symptom prevents a student from participating meaningfully in routine activities. RETURN WHEN IMPROVING.
	Fever	STAY HOME IF a fever is 100°F (37.8°C) or higher. RETURN WHEN fever-free for 24 hours without the use of fever reducing medications such as Tylenol, Advil, or Motrin (acetaminophen or ibuprofen).
	Vomiting	STAY HOME IF two or more vomiting episodes have occurred within 24 hours. RETURN WHEN vomiting has ended overnight, and your student is able to hold down liquids and food. Recommend frequent handwashing.
	Diarrhea	STAY HOME IF your student is experiencing repeated episodes of loose, watery stools and/or urgent bowel movements where they are unlikely to make it to the toilet in time. Or, if your student is in diapers, when the stool is likely to leak from the diaper. RETURN WHEN IMPROVING. Recommend frequent handwashing.
	Cold symptoms, such as cough, stuffy/runny nose, sneezing	OK TO ATTEND WITH MILD SYMPTOMS. STAY HOME IF your student is experiencing severe symptoms that prevent them from participating meaningfully in routine activities, including a bad cough, difficulty breathing or trouble catching their breath, or wheezing when not controlled by medication (like albuterol). RETURN WHEN IMPROVING.
	Sore throat	OK TO ATTEND WITH MILD SYMPTOMS. STAY HOME AND SEEK MEDICAL ATTENTION for inability to swallow or difficulty swallowing, difficulty breathing, continuous drooling or muffled voice. RETURN WHEN IMPROVING. If an antibiotic is prescribed, take the first dose at least 12 hours before returning. If medication is required during school hours, contact the Health Office for a current Medication Authorization that must be completed by the student's health care provider.

*These guidelines are based on the CDPH Considerations when a Child has Symptoms of Illness in School.



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	Symptom of Illness	When should my student stay home and when can they return?
	Eye irritation, possible eye infection ("pink eye")	OK TO ATTEND WITH MILD SYMPTOMS STAY HOME AND SEEK MEDICAL ATTENTION for difficulty seeing; thick, milky, or cloudy drainage; swollen eyelid(s); pain/discomfort they cannot tolerate or that prevents participation in routine activities; or eye injury. RETURN WHEN IMPROVING and drainage has resolved. If an antibiotic is prescribed, take the first dose at least 12 hours before returning. If medication is required during school hours, contact the Health Office for a current Medication Authorization that must be completed by the students health care provider.
	Abdominal pain/stomachache	OK TO ATTEND WITH MILD SYMPTOMS. STAY HOME IF pain is severe enough that child has difficulty participating in routine activities. If the pain is accompanied by bloody or black stools, or if they haven't urinated in 8 hours, seek medical attention. RETURN WHEN IMPROVING.
 	Headache or headache with stiff or painful neck	STAY HOME AND SEEK MEDICAL ATTENTION if has concussion symptoms or possible infection. Concussion symptoms: pain occurs after a fall or other injury to the head, and is severe or associated with vomiting, vision changes, behavior change, or confusion. Possible infection: Stiff neck, headache, rash, and fever which can be symptoms of meningitis, which is a potentially serious infection. Meningitis can also cause sensitivity to light, vomiting, and/or confusion. A stiff neck is most concerning if the student can't look at their belly button (putting chin to chest) due to pain or the BACK of the neck is painful (not soreness in the sides) along with the other symptoms above. GET IMMEDIATE MEDICAL ATTENTION FOR THE ABOVE SYMPTOMS. RETURN AFTER MEDICAL EVALUATION. Consult with your students health care provider and School Health Office regarding when to return to campus. If diagnosed with a concussion or infection, must notify Health Office prior to return. For high school athletes: must notify School Health Office and/or Athletic Trainer if diagnosed with a concussion. Students will not be allowed to participate in high school athletics program until clearance from medical provider and Athletic Trainer and/or Health Office.



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	Symptom of Illness	When should my student stay home and when can they return?
	Rash or itching	STAY HOME AND SEEK MEDICAL ATTENTION for: - Oozing, open wound or possible infection that cannot be covered and is in an area that might come in contact with others. - Skin that looks bruised without a known injury or in an unusual location. - Rapidly spreading dark red or purple rash. - Tender, red area of skin, rapidly increasing in size or tenderness. - Associated symptoms of a serious allergic reaction (rash, throat closing, abdominal pain, vomiting, or wheezing). - If there is a concern for a disease like chickenpox, measles, hand foot and mouth, or other possible contagious skin rash. RETURN AFTER MEDICAL EVALUATION. Consult with your students health care provider and School Health Office regarding when to return to campus. The health care provider return date may differ from the schools return date, which will be based on public health guidelines and district protocols. <i>For high school athletes: must notify School Health Office if diagnosed with a contagious skin condition. Student will not be allowed to participate in athletic program until clearance from medical provider and Health Office.</i>
	Difficulty or noisy breathing	STAY HOME AND SEEK MEDICAL ATTENTION for: - Wheezing that is new for the child or cannot be controlled by medications the school has been instructed to use for known conditions (e.g., asthma plan). - If skin or lips seem purple, blue, pale, or grey. - Very rapid breathing or increased effort to breathe, such as chest retractions (space between ribs sink with each breath), belly breathing (belly goes up and down with breathing). - Breathing problem that causes child to have pursed lips, difficulty speaking, or difficulty feeding. - If symptoms are accompanied with fever or behavior changes. RETURN AFTER MEDICAL EVALUATION OR IF SYMPTOMS RESOLVE. Consult with your student's health care provider regarding when to return to campus. If medication is required during school hours, contact the Health Office for a current Medication Authorization that must be completed by the student's health care provider.

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General Considerations When Using this Guidance:

1. Safe, in-person learning is critical to the well-being and development of children. However, when a student arrives with symptoms of illness or develops symptoms on site, a decision must be made about what to do next. The first priority is to evaluate the need for emergency medical attention. If the student does not require immediate medical attention, a decision must then be made to either send the student home (i.e., temporarily exclude) or allow them to remain on site. Many factors should be considered when making this decision, including how to limit the potential for spreading harmful diseases to others and how to limit educational, social, and other losses that might occur due to unnecessary or excessive absence.
2. This guidance is intended to support decision-making for situations when an individual student has symptoms of illness or injury in school settings.
3. This guidance does NOT replace the advice of licensed healthcare professionals (such as school nurses) performing individualized assessments.
4. In general, when trying to determine when a student can return, they should meet all of the following conditions: (1) Symptoms are improving and the student is feeling better and can meaningfully participate in routine activities.; (2) Staff can meet student's care needs without compromising the health and safety of other children and staff.; (3) Specific symptoms (like fever or vomiting) have met return recommendations listed in the table above.
5. If a student has been seen by a healthcare provider, the school may consider the advice of the provider when determining when the student may return to school while also considering the interests of other children and staff. The return of students to non-classroom activities (extracurriculars or athletics) following illness or injury may include additional clearance criteria, if appropriate. If the local health department is involved, follow their advice.
6. If medication is required at school, contact the school Health Office. A current Medication Authorization Form from the student's health care provider is required for medications given at school. Forms can be obtained through the school Health Office or online at [School Health Forms – Health Services – Lake Elsinore Unified School District](#).
7. This guidance does NOT provide recommendations on how to manage specific diagnoses (e.g., chickenpox, pertussis, hepatitis A). To manage specific diagnoses, follow guidance provided by licensed healthcare professionals (such as student's healthcare provider or school nurse), local health department, and/or the California Department of Public Health (CDPH).
8. This guidance does NOT replace or revise applicable laws or other requirements that apply to school or licensed child care settings, including but not limited to their authority to exclude individuals on the basis of health and safety. See the California Health and Safety Code (e.g., § 120230), Education Code (e.g., § 48213, § 49451), California Code of Regulations (e.g., Titles 17 and 22), and child care center licensing requirements such as daily inspection for illness.
9. This guidance does NOT address disease outbreaks, during which schools and licensed child care settings should consult and follow applicable guidance from the local health department.
10. Under California law, a student may be required to stay home (or go home) from school in specified circumstances where an apparent illness presents a significant risk to other children or school personnel. (Education Code § 49213; Education Code § 49451.)

Resources:

California Department of Public Health (CDPH)

[Considerations when a Child has Symptoms of Illness in Child Care or School](#)

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>