



2026-27 Sick Day Guidelines: When Your Child Must Stay Home

If your child will be absent due to illness or another reason, please update PickUp Patrol by 8:00 a.m. that day. If your child is ill, please include their symptoms.

STAY HOME FOR THESE SYMPTOMS:

- **Respiratory symptoms, including COVID-19** - Students should stay home when respiratory symptoms are worsening or interfere with their ability to participate comfortably at school. Symptoms may include fever, chills, fatigue, cough, sore throat, runny or stuffy nose, or headache. Students may return when, for at least 24 hours, symptoms have been improving overall and they have been fever-free without fever-reducing medication. For the next five days, additional precautions—such as wearing a well-fitting mask and practicing good hand hygiene—are encouraged.
- **Fever** - Students with a temperature of 100.4°F or higher will be sent home. Students may return when they have been fever-free for at least 24 hours without fever-reducing medication such as acetaminophen (Tylenol) or ibuprofen (Advil/Motrin).
- **Diarrhea or vomiting** - Students who vomit or have diarrhea at school will generally be sent home. They may return when they have been free of vomiting and diarrhea for at least 24 hours and feel well enough to participate in school. Contact your healthcare provider if symptoms persist, are severe, or are accompanied by unusual sleepiness or sluggishness.
- **Severe cold symptoms** - Students may be sent home when cold symptoms are severe, persistent, or interfere with their ability to participate comfortably in school. This may include frequent or disruptive coughing, excessive nasal drainage, significant congestion, unusual fatigue, or a need for care that cannot reasonably be provided in the classroom. Students may return when symptoms are improving and they feel well enough to participate comfortably in school.

GUIDELINES FOR SPECIFIC CONDITIONS:

- **Conjunctivitis (pink eye)** - Students with significant eye redness, drainage, discomfort, or other signs of illness may be sent home for evaluation. They may return when cleared by a healthcare provider, any prescribed treatment has been administered for at least 24 hours, and they are able to participate comfortably in school.
- **Strep throat** - Students may return after taking an appropriate antibiotic for at least 24 hours, provided they are fever-free without fever-reducing medication and feel well enough to participate. Contact your healthcare provider if your child has a significant sore throat, particularly when accompanied by fever, swollen neck glands, headache, nausea, vomiting, or abdominal pain.
- **Skin infections and unexplained rashes** - Students with suspected bacterial skin infections, impetigo, ringworm, scabies, or an unexplained rash may be sent home for medical evaluation. Students may return with a healthcare provider's note after appropriate treatment has begun and any affected areas are covered when possible.
- **Chickenpox (varicella)** - Students may return to school when all lesions have crusted over and the child is fever free for at least 24 hours without fever-reducing medication. This typically takes 7-10 days after the rash begins. A clearance note from your healthcare provider is required.
- **Head lice (pediculosis)** - Students with head lice will be referred for treatment. They may return after appropriate treatment has begun and documentation of treatment has been provided. Students will report to the school nurse for a confidential recheck before returning to class.
- **Poison ivy** - Poison ivy is not contagious and does not ordinarily require exclusion from school. If the rash is extensive, severe, or interfering with the student's comfort at school, evaluation and treatment by a healthcare provider may be recommended.

A HEALTHCARE PROVIDER'S NOTE MAY BE REQUIRED FOR CERTAIN DIAGNOSED COMMUNICABLE DISEASES, UNEXPLAINED RASHES, OR WHEN CLARIFICATION IS NEEDED REGARDING A STUDENT'S READINESS TO RETURN. PLEASE CONTACT THE SCHOOL NURSE WITH QUESTIONS AT EXTENSION 215.