Plainville Public Schools

Keeping Our School Community Healthy: When to Keep Your Child Home

Dear Plainville Families,

Our school community includes students with medical conditions or weakened immune systems who are especially vulnerable to infections. An illness that may be mild for one child can have serious consequences for another. **Keeping your child home when they are sick helps protect all students, staff, and families.**

Please monitor your child for symptoms and follow these guidelines.

When Should Your Child Stay Home?

- **Fever:** 100°F or higher. Your child must be fever-free for at least 24 hours without fever-reducing medication before returning.
- **Vomiting or diarrhea:** Keep your child home until vomiting has stopped for at least 24 hours and diarrhea has improved enough for comfortable participation in school. Some illnesses may require a longer period at home.
- **Respiratory symptoms:** Keep your child home for significant or worsening symptoms, difficulty breathing, or symptoms that prevent participation in school. Return when symptoms have improved overall for at least 24 hours and your child has been fever-free for at least 24 hours without medication.
- **Unexplained rash or contagious illness:** Contact your healthcare provider and school nurse for guidance.
- **Diagnosed communicable disease:** Notify the school nurse and follow the required treatment and return-to-school guidelines. Some illnesses require additional time at home or medical clearance.

Please also refer to our Illness Guidelines. When in doubt, contact your school nurse for guidance. Certain illnesses may have additional public health requirements.

Help Prevent the Spread of Illness

- Encourage frequent handwashing.
- Remind children to cover coughs and sneezes.
- Avoid sharing food, drinks, and personal items.
- Keep immunizations up to date.
- Notify the school nurse if your child is diagnosed with a communicable disease.

Thank you for partnering with us to keep Plainville Public Schools a safe and healthy place for everyone. We understand that keeping a child home can be challenging, and we appreciate your consideration of the health and well-being of our entire school community.

For questions about symptoms or returning to school, please contact your school nurse.

Warm regards,
Plainville Public School Health Office

Candace Andrade
Director of Student Services
Plainville Public Schools

PLAINVILLE PUBLIC SCHOOLS
WE HAVE HEART