



Send Home/Stay Home Guidelines

The following are some guidelines you may use when deciding whether to keep your child home or to send them to school. The school nurse staff will use these guidelines when determining whether your child should be sent home from school. If you are unsure, call your child's healthcare provider.

Fever

A reading of 100 F, or greater, with any thermometer is a fever. Your child should be without fever for a full 24 hours, without fever-reducing medication, before returning to school. This is because sick children often do not develop a fever until the afternoon or evening. If your child has a fever before school, do not give a fever-reducing medication (Tylenol, Advil, etc.) and then send them to school.

Vomiting

Your child should be free from vomiting episodes for a FULL 24 hours, prior to returning to school. If vomiting is likely due to diagnosed reflux, or is an anxiety-related symptom, you should observe them for at least 1 hour before sending them to school as long as there are no other symptoms of a contagious disease (fever, body aches, etc.).

Diarrhea

A child with one episode of mild diarrhea may be able to go to school, but if they need to go to the bathroom more frequently than usual, due to loose stools, they should stay home. Vomiting and diarrheal illnesses are extremely contagious, so make sure they wash their hands with soap and water after toileting and before eating. Your child should be free from diarrheal episodes for a full 24 hours prior to returning to school.

Sore Throat

Most sore throats occur due to a mild viral illness and will self-resolve. If your child has no fever and does not feel otherwise ill, they may attend school. If the sore throat is accompanied by other symptoms such as headache, stomachache, and/or rash, they should see their healthcare provider to rule out strep throat or other contagious illnesses.

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Runny Nose or Cough

Most runny noses and coughs are due to mild viral illnesses which will self-resolve. If your child has no fever and feels otherwise well, they may attend school. If your child is sick enough to sleep extra hours during the day, due to their symptoms, they should stay home. This typically occurs during the first 2 or 3 days of an illness. If their runny nose or cough lasts longer than 10-14 days or worsens instead of improving, they may need to see their healthcare provider.

Red or Runny Eyes

Bacterial conjunctivitis ("pink eye") is a contagious infection of the lining of the eyeball and eyelid. Symptoms are redness of the white of the eye, swelling of the eye or eyelid, and discharge which is typically cloudy or yellowish-green. If your child wakes up with their eyelid "glued together", with discharge, call your doctor and keep your child home. Careful hand washing is essential with bacterial conjunctivitis. If it is conjunctivitis they may return to school after they are treated for 24 hours.

Rashes

There are many different types of rashes but one of the most common is ringworm. Ringworm is not a worm; it's a contagious infection caused by a fungus. Symptoms are small, red, raised, scaly spots that are itchy and grow in a circular pattern. Ringworm can be treated with over-the-counter antifungal creams. Your child may return once they have completed 24 hours of treatment and if the affected area is covered.

Any other skin bumps, spots, etc. that are itchy and bothersome to your child should also be seen by their doctor before coming to school to ensure it is not contagious.

***This covers some, but not all, health conditions that may require your child be sent home. Our goal is to keep your child in school at their optimal health along with keeping everyone healthy.

***If you take your child to a healthcare provider for an illness, please be sure to request a written letter stating when your child may return to school.

***Please call your respective school clinic with any questions or concerns.

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