

Guidelines for Keeping Your Child Home From School

Parents often wonder whether or not they should send their child to school when they have a mild illness. If your child has any of the following, you should keep him or her at home:

- ◆ Fever above 100° Fahrenheit
- ◆ Vomiting
- ◆ Diarrhea
- ◆ New, undiagnosed rash
- ◆ Purulent (pus-like) eye drainage
- ◆ Symptoms of severe illness such as unusual fatigue, uncontrolled cough, difficulty breathing
- ◆ Contagious illness requiring school exclusion

Please contact your school's Health Service Associate to report an illness or if you have questions about when to keep your child home from school.

DISEASE	SYMPTOMS	INCUBATION PERIOD	STUDENT SHOULD STAY HOME UNTIL . . .
Common Cold	Watery eyes, sneezing, runny nose, fatigue	1 to 3 days	OK to come to school unless child has other symptoms requiring exclusion
Pink Eye	Red, itchy eyes, pus-like drainage from eyes	1 to 3 days	Until diagnosis is verified, and bacterial infection is treated for 24 hours
Strep Throat	Fever, sore throat, headache, nausea, vomiting, sometimes a fine red rash (scarlatina)	2 to 5 days	24 hours after starting antibiotics and without fever for 24 hours
Influenza (Flu)	Fever, muscle aches, sore throat, cough, congestion, fatigue	1 to 3 days	24 hours without fever and well enough to return to usual activities
Mono	Fever, sore throat, swollen glands, headache, fatigue	4 to 6 weeks	Until well enough to return to usual activities; Physician authorization for sports participation
Chickenpox	Fever, itchy rash with red bumps, blisters, pustules and scabs	10 to 21 days	6 days after rash began
Head Lice	Live crawling lice, nits (lice eggs) attached to hair shaft, itchy head and neck	7 to 10 days	Until treated with lice medication and no live lice are seen. Must see the Health Associate before returning to class.
Ringworm	Body: flat round lesions that clear in the center and may have a raised border; Scalp: round scaly patch with broken off hair shaft	Body: 4 to 10 days Scalp: 10 to 14 days	Until 24 hours after treatment begun
Impetigo	Skin lesions with yellow discharge that dries, crusts and sticks to the skin	1 to 10 days	Until 24 hours after treatment begun

Tips for Keeping Your Student Well

- ◆ Everyone in the family should wash hands often – especially when someone is ill.
- ◆ Make sure your child is getting enough sleep each night:
Elementary age . . . 10-11 hours
Middle Schoolers . . . 9-10 hours
High Schoolers 8-9 hours
- ◆ Make sure your child eats a good breakfast, drinks plenty of water, and has 5 servings of fruits or vegetables every day.
- ◆ Plan regular physical activity and time outdoors.
- ◆ Keep cigarette smoke away from your child.
- ◆ Tell your school's Health Office when your child is sick.
- ◆ Follow **Guidelines For Keeping Your Student Home From School** when your child is ill.



**Wash
your
hands**



We help students thrive and dreams come alive

HEALTHY KIDS ARE HEALTHY LEARNERS



Is My Student Well Enough To Go To School?



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