

## Sick Children ...Send to School or Keep Home?

**Deciding when a child is too sick to go to school** can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you.

**Go to School** - If your child has any of the following symptoms, they should probably go to school:

- Sniffles, a runny nose and a mild cough without a fever (this could be an allergic response to dust, pollen or seasonal changes)
- Vague complaints of aches, pains or fatigue

**Stay at Home** - If your child has any of the following symptoms, please keep your child at home or make appropriate child care arrangements:

- **APPEARANCE, BEHAVIOR** - unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child.
- **EYES** - thick mucus or pus draining from the eye or pink eye. (With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.)
- **FEVER** - temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free for 24 hours before returning to school.
- **GREENISH NOSE DISCHARGE AND/OR CHRONIC COUGH** - should be seen by a health care provider. These conditions may be contagious and require treatment.
- **SORE THROAT** - especially with fever or swollen glands in the neck. (With Strep throat, the child may return to school after 24 hours on antibiotics.)
- **DIARRHEA** - three (3) or more watery stools in a 24 hour period, especially if the child acts or looks ill.
- **VOMITING** - vomiting within the past 24 hours.
- **RASH** - body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious.
- **EAR INFECTIONS WITHOUT FEVER** - do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- **LICE, SCABIES** - children may not return to school until they have been treated and are free of lice and nits (eggs).
- **CHICKEN POX** - May return to school when all lesions are crusted, generally day 6 after the onset of rash; may be fewer days especially in students who have been vaccinated.

***IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP FROM SCHOOL.***

- \* Bringing a child to school with any of the above symptoms puts other children and staff at risk of getting sick.
  - \* If all parents keep their sick children at home, we will have stronger, healthier and happier children.
  - \* While we regret any inconvenience this may cause, in the long run this means fewer lost work days and less illness for parents.
- <http://www.bsd405.org/nurses/policyinfo/keephome.htm>