



Child Sick? Tips on Sending Your Child To School

Parents are often concerned about their children missing school and may send a child back to school prematurely after an illness. This exposes other children to disease and for their own child to relapse or contact another illness that may "be going around" due to their already stressed immune system.

Please refer to the following guidelines when considering whether to keep a child at home and when to return a child to school.

If you have any doubts or questions, please feel free to contact our School Nurse Central Dispatch at 929-7767. A school nurse will return your call .

General guidelines for sending or not sending children to school:

1. A child should be feeling well and be "fever free" for 24 hours before returning to school.
2. A child with strept throat must be on an antibiotic for 24 hours and feeling well before returning to school.
3. A child with possible conjunctivitis (pink eye) must be seen by a doctor and may only return to school with a doctor's note.
4. A child with chicken pox may only return to school when all lesions have crusted over.
5. Keep a child home if he/she:
 - has had a fever* in the past 24 hours
 - has a fever* of 100 degrees or higher
 - is nauseous and/or vomiting and/or has diarrhea
 - has vomited during the night
 - has been exposed to a contagious disease and is exhibiting signs/symptoms of the disease
6. Children who have been at home because of illness, should not be brought to school for parties and/or special events.

*A fever refers to a temperature of 100 degrees or more without the use of Tylenol or Advil or other fever reducing medications. Do NOT give your child aspirin or any aspirin product. A high occurrence of Reyes syndrome has been associated with viral infections and the use of aspirin

Also, please remember to notify your child's teacher when your child is absent from school. A note from the parent ,must be sent with the student, and given to the homeroom teacher within three days of the absence. Otherwise, the absence is unexcused and subject to the truancy regulations.

The information provided is not intended to replace physician advice. When your child is ill, please contact your health care provider.