

## **COMMON CHILDHOOD ILLNESSES AND GUIDELINES FOR WHEN TO KEEP YOUR SICK CHILD HOME**

It is sometimes difficult to decide when and how long to keep a sick child home from school. The timing of the absence is often important in order to decrease the spread of disease to others and to prevent your child from acquiring any other illnesses while his/her resistance is lowered. Although perfect attendance is desirable, **a sick child should never be sent to school**. The following guidelines represent the more common childhood illnesses and the usual recommendations for how long to keep your child at home.

- **COMMON COLD:** Your child should remain home if symptoms are serious enough to interfere with your child's ability to learn.
- **FEVER:** If your child's temperature is 100.4 or higher he/she should remain home until he/she has been without a fever for a full 24 hours without the use of fever-reducing medicine, such as Tylenol. **Remember fever is symptom indicating the presence of an illness.**
- **Flu:** Abrupt onset of fever, chills, headache and sore muscles. Your child should remain home from school until symptoms are gone and the child is without a fever for 24 hours without the use of fever-reducing medicine, such as Tylenol.
- **IMPETIGO:** Your child should remain home from school until receiving 24 hours of antibiotic therapy and sores are no longer draining.
- **PAIN:** If your child complains, or behavior indicates, the he/she is experiencing persistent pain, he/she should be evaluated by a physician before your child is sent to school.
- **PINKEYE:** Your child should remain home from school until receiving 24 hours of antibiotic therapy and discharge from eye has stopped.
- **SKIN RASHES:** Skin rashes of unknown origin should be evaluated by a physician before your child goes to school.
- **STREP THROAT AND SCARLET FEVER:** Your child should remain home from school until receiving a full 24 hours of antibiotic therapy and until he/she is without fever or vomiting for 24 hours.
- **VOMITTING AND DIARRHEA:** Your child should remain at home until vomiting, diarrhea or fever has ceased for a full 24 hours. If your child has had any of these symptoms during the night, he/she should not be sent to school the following day.

School staff will call home if a child is absent and we have not heard from a parent or guardian. Help us by being proactive and **call the school if your child is ill or absent**. A message can be left on the school voicemail system if a call is made outside of the regular school hours.

If you are notified that your child is ill and needs to be picked up from school, please be prepared to provide transportation in a **timely manner**. Keep your emergency **contact information up-to-date**.

**Please bring a physician statement to school if seen for any of the above illnesses. A student may return sooner if a note is written by a physician.**