



Each day, many parents are faced with the decision of whether to keep their sick children home or send them to school. Often the way a child looks and acts can make the decision easier. The following guidelines should be considered:

- **Fever.** The child should remain at home with a fever greater than 100 degrees. The child can return to school after he/she has been **fever free for 24 hours** (without fever-reducing medicines such as Tylenol or Motrin/Ibuprofen).
- **Diarrhea/Vomiting.** A child with diarrhea/ vomiting should remain home and return to school only after being symptom-free for 24 hours.
- **Conjunctivitis (Pink-eye).** Following a diagnosis, the child may return to school 24 hours after 1st dose of prescribed medication.
- **Rashes.** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after the health care provider has made a diagnosis and given written permission to return to school.
- **Colds.** Consider keeping your child home if he/she is experiencing discomfort from cold symptoms, such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.

A sick child cannot learn effectively and is unable to participate in class as usual. Keeping a sick child home prevents the spread of illness in the school and allows the child an opportunity to rest and recover completely from their illness. Please do not hesitate to the school nurse if you have any questions.

REMINDER: *Call in the mornings to report your child's absence and send a doctor's note or note from you on their return.*