

# **Guidelines for keeping kids home from 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 illness and may cause their own child to relapse or contact another illness that may "be going around". Please refer to the following guidelines when considering whether to keep a child at home and when to return a child to school.

- If your child has had a fever of 100 degrees or higher, keep the child home until he has been fever free (less than 100 degrees) for 24 hours without fever reducing medication. (Tylenol or Advil)
- Keep your child home if he has heavy nasal congestion and/ or frequent cough, especially if the cough is mucous or phlegm producing.
- If your child has been vomiting or has had diarrhea more than twice during the previous evening or night he should stay home. Contact your doctor if symptoms continue for more than 48 hours.
- If your child has been diagnosed with a contagious disease such as strep throat or pink eye, he may return to school 24 hours after beginning treatment.
- If your child complains about not feeling well and has no definite symptoms, the child can likely attend school. The school will typically call if something more develops. Contact your physician if complaints persist.
- If your child has a mild sore throat without fever or other symptoms, he can usually come to school. If other symptoms appear, including difficulty swallowing, fever, headache or stomach pain, the child should be evaluated by a doctor.

As the school nurse, my priority is to keep all students healthy and in school. One way that we can all work together to do this is to prevent the spread of illness. If you have any questions, please feel free to contact me  
Thanks for your help in keeping children healthy,

Marie Taylor, RN