



“IS MY CHILD SICK ENOUGH TO KEEP HOME FROM SCHOOL?”

This is a question frequently asked by parents. Here are some guidelines that we are asking you to please follow:

- If your child has a fever of **100** or greater, she/he should remain home until the fever is absent for 24 hours without fever reducing medicine (Advil, Tylenol, etc.)
- If your child has a runny nose, coughing, sneezing, or aching; she/he could benefit from a day or two at home to rest. Their classmates will thank you also!
- If your child has strep throat, she/he is contagious, and they should not return to school until they have received at least a full 24 hours of medication. However, some children are tired and could use an extra day of rest. A note from the physician should be provided upon your child's return to school.
- If your child has conjunctivitis (pink eye), they are contagious and must remain home until the child is on medication for 24 hours and has no redness or drainage from the eye. A note from your physician will be necessary.
- The most difficult ailment to evaluate is a stomach ache, especially one that appears at breakfast. This could be the beginning of an illness or caused by emotions or tension (very common in elementary school children). If this stomach ache is not accompanied by fever or other symptoms, you might decide to send your child to school with a quick call to alert the nurse. If your child is vomiting or has diarrhea, she/he should stay home for 24 hours after symptoms subside.

Other conditions not mentioned here can be discussed on an individual basis. Please feel free to consult the school nurse with any concerns you may have.