



When Not to Send Your Child to School

Keeping our school healthy takes teamwork. We strive to keep our students and staff healthy by teaching and encouraging good handwashing techniques. Keeping your child home when they are contagious is another important part of prevention in schools.

When deciding whether your child is well enough to come to school, please refer to the following guidelines:

1. If your child has had vomiting or diarrhea, in order to return to school, he/she must be free from vomiting and/or diarrhea for at least 24 hours.
2. Your child must be fever free (under 100 degrees) for 24 hours WITHOUT the use of medications such as acetaminophen (Tylenol) or ibuprofen (Motrin).
3. If your child was out with a communicable disease such as scabies, fifth's disease, hand-foot-and mouth, impetigo, etc., a doctor's note must accompany them, clearing them for return to school.
4. If your child has had an illness that is communicable and requires antibiotic such as pink eye, strep throat, student must be on antibiotics for 24 hours before returning to school.

Flu Information

The flu is a contagious illness and your child should be kept home while they are ill. Symptoms of a cold and the flu can often be similar. Please refer to the following table to decide whether or not your child should attend school:

Symptoms	...of a cold	...of the flu
Fever	Rare	Most always present and typically higher than 100° F
Chills	Mild	Moderate to Severe
Headache	Rare	Common
Body aches	Occasional, mild	Usual and often severe
Feeling tired and weak	Mild	Moderate to severe
Runny/stuffy nose	Common	Sometimes
Sneezing	Yes	No
Sore throat	Common	Not common
Chest discomfort	Mild to moderate	Often severe
Cough	Typically hacking, mucus producing	May have cough but generally non-productive (no mucus)
Treatment	Antihistamines, decongestants, pain relievers (follow manufacturer's recommendations and consult pediatrician if unclear on dosage)	Often antiviral medications will be prescribed by a physician if diagnosed within the first 48 hours of symptom onset
Prevention	HANDWASHING Avoiding close contact with anyone with cold symptoms	HANDWASHING Yearly flu vaccination

- ★ The school nurse is always available to answer any questions you may have regarding this policy or any other questions regarding your child's health.