

SICK/STAY AT HOME GUIDELINES

District Stay at Home Guidelines

Deciding when a child is too sick to go to school can be a difficult decision for parents to make. When trying to decide, use the guidelines below and seek the advice of your health care provider. Please do not send your ill or injured child to school and ask the nurse to “check him/her out”. Please have a thermometer and check your child’s temperature at home. If you think your child needs assessment, contact his/her health care provider,

- If your child has a temperature over 100 degrees he/she must stay home. Your child cannot return to school the next day and should remain at home until the fever has been gone for at least 24 hours without medication.
- If your child has diarrhea, he/she should stay home through the next school day after the diarrhea has passed. (Ex: Your child is sent home on a Tuesday at 10 AM for diarrhea and stops having diarrhea at 6 PM, the child can return the following Thursday.)
- If your child vomited during the night, he/she should stay home minimally through the next school day following being sent home and until there is no vomiting for 24 hours and they are able to tolerate a meal. (Ex: Your child is sent home on a Tuesday at 10 AM for vomiting and stops vomiting at 6 PM AND can tolerate dinner, your child can return the following Thursday.)
- If your child woke up with one or both eyes red, sealed with discharge, and/or is itchy or painful, he/she should stay home and be seen by their health care provider. If prescribed an antibiotic eye drop, he/she may return after 24 hours of use.
- If your child is complaining of severe sore throat they should stay home and be seen by their health care provider. If an antibiotic is prescribed, he/she may return after 24 hours of use.
- If your child has severe cold symptoms with thick discharge, especially green discharge, from the nose or has a wheezing, croupy cough they should stay home.
- If your child has an unknown rash he/she should stay home and be evaluated by their health care provider. If prescribed an antibiotic they may return after 24 hours of use. Please cover any open or oozing sores.

In the event that your child does have a fever over 100 degrees, if they are exhibiting negative changes in behavior, temperament, or classroom performance due to various health concerns (i.e. fatigue, colds, constipation, etc.) you may be called to pick up your child.

Please consider the health of your child and the other children in the class and follow these guidelines before sending your child back to school. Keep these guidelines handy in order to determine when your child can come back to school after being ill. Please contact your school nurse with any questions. Recovery time is shorter with a sick child who is given plenty of rest. Thank you for helping us to maintain a healthy and happy school environment for all of our students!

Please note: Any child who is underimmunized who seems to show symptoms of a disease that is vaccine-preventable will be sent home, just as all students who show symptoms of illness are sent home.