

Dear Parents or Guardians:

Cold and flu season is upon us. The school health clinic has seen an increase in visits for vomiting and diarrhea; many require that the student be sent home. Help us to prevent spreading illness to others in the classrooms, by following the guidelines below.

### **Guidelines for Keeping Sick Children Home from School**

**Appearance.** Unusually tired, pale, irritable, lack of appetite.

**Fever.** The child should remain at home with a fever greater than 100°. The child can return to school after he/she has been fever free for 24 hours (without fever reducing medicine such as Tylenol or Motrin).

**Diarrhea/Vomiting.** A child with diarrhea or vomiting should stay at home and return to school only after being symptom free for 24 hours.

**Conjunctivitis.** Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first 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 a health care provider has made a diagnosis and authorized the child's return to school.

**Colds.** Consider keeping your child at 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. Sore throats that continue beyond 48 hrs, especially when accompanied by a fever or upset stomach should be evaluated by an MD for strep throat.

A sick child cannot learn effectively and is unable to participate in classes in a meaningful way. Keeping a sick child home prevents the spread of illness in the school community and allows the child opportunity to rest and recover.

If antibiotic treatment is needed, your child should remain home for the first full 24 hours of medication (e.g., if your child has three doses per day ordered, then three doses must be given before the child returns to school).

Please keep the clinic updated on your contact numbers and any health concerns you may have regarding your child. We are here to assist in any way we can, and thank you for your support.

Sincerely,  
Cynda Brause, RN

Healthcare Professional

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