

Portland Christian School Sick Policy

Your student should stay home if:

- **Fever of 100 or higher:** Please be sure your student is fever free for at least 24 hours without fever reducing medication (such as Tylenol or Motrin) before returning to school.
- **Fever 100 or less AND has other signs or symptoms of illness.**
- **Diarrhea:** Increased number of stools compared with the student's normal pattern.
- **Vomiting:** Your child must be free of vomiting for a full 24 hours before returning to school.
- **Undiagnosed Rash:** A student with a rash should be excluded from school unless he/she has a current statement from their healthcare provider stating that your student is no longer contagious.
- **Conjunctivitis (pink eye):** Your student should stay home until after being treated for a full 24 hours of antibiotic treatment (if bacterial) or until the redness and discharge have resolved (if viral).
- **Strep throat:** Please keep your student home until after being treated for a full 24 hours **AND** has been fever free for 24 hours.

Please be sure that your child is fever free for at least 24 hours (without fever reducing medications) **AND** any other symptoms they are experiencing are gone or have significantly improved before sending them back to school.

To help us maintain a healthy environment for all our students, we have a **no lice and no nits policy. If a student is found to have lice or nits, they will need to be sent home to undergo appropriate treatment. Before returning to class, your child must be checked by the school nurse or office staff to ensure they are lice- and nit-free.

Please email cecilia.ortines@portlandchristian.org with any updates on your K-5 student, or susan.philpott@portlandchristian.org with updates on your 6-12 student.

If you have any questions, you can reach the Health Room during school hours at healthroom@portlandchristian.org, or 429-3727, ext 230.

Thanks!

Paula Tucker RN, BSN

School Nurse