

TOO SICK FOR SCHOOL???



physician. A child must be on a prescribed antibiotic for a minimum of **24 HOURS** before returning to school.



It's 7:00 a.m. and your child says, "I don't feel good." Should you send him off to school? You don't want your child to miss school, but sending a sick child to school may make the child feel worse and /or spread an infection or illness to classmates. Here are a few guidelines to follow when your child is not feeling well:



- **Fever:** If your child's temperature is 100° F or higher, keep him/her home. A child must be **FEVER-FREE, WITHOUT MEDICATION, FOR AT LEAST 24 HOURS** before returning to school.

- **Nausea, Vomiting and/or Diarrhea:** Your child should stay home until it has been **at least 24 HOURS since the last episode of vomiting or diarrhea**. Practice thorough hand washing.



- **A runny nose** is the way many children respond to pollen, dust, chalk or a change of season. If it isn't a common cold, then it's an allergy and allergies aren't contagious. Don't keep the child home.

- **A cold and/or cough:** Minor sniffles are not a good reason to keep your child home. If your child is irritable, tired or taking over-the-counter medicine for cough or nasal discharge, he/she is probably not going to be able to function well in the classroom. Keep your child home to rest. Check with your doctor if you have any concerns.

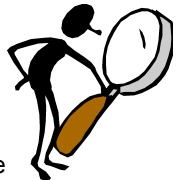
- **Ear infections** are not easily spread and rarely cause permanent hearing damage. Here again you should follow the **24-HOUR** rule for fever. Check with your doctor if you have any concerns.

- **Rashes:** Always check with your health care provider **BEFORE** sending a child with a rash to school, especially if there is a fever. Heat rashes and allergic reactions are not infectious.

- **Sore Throat:** Strep throat and scarlet fever are two highly contagious conditions caused by a bacterial infection. A very painful sore throat, that makes it "hard to swallow", with a high fever are possible signs. Twelve to 48 hours after the beginning of scarlet fever, a rash will appear. A child with either strep throat or scarlet fever should be kept home and

- **Chicken pox (varicella):** There is a vaccine for chicken pox. If your child has a fever, is itching, and begins to have pink or red bumps (with "watery" centers) on the back, chest, and/or face, the chances are good that it's chicken pox. Keep your child home for at least **5 DAYS** or until **ALL pox have crusted over and are dry**.

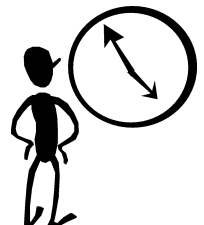
- **Conjunctivitis (pink eye)** happens when the eye(s) is infected by a virus or bacteria. It can also be caused by an allergic reaction or chemical irritation. Many types of pink eye will eventually clear up without treatment, but bacterial infections require treatment with a prescribed antibiotic. It is best to have a health care provider examine your child to determine the cause and treatment. A child may return to school after using an **antibiotic eye drop for 24 HOURS** or is **symptom-free for 24 HOURS**.



- **Head lice:** Head lice are tiny insects that live on people's heads. A child with head lice may return to school after being treated with a lice-killing product. Time and effort should be spent on the removal of the eggs (nits) from the hair. Children should not miss school due to head lice. Caution your child against sharing combs, brushes or other personal articles. Check your child's head often and let the school know if your child has head lice.

General Rules for Return to School After Illness:

- **No fever; fever-reducing medication not needed, for at least 24 hours**
- **No vomiting for at least 24 hours**
- **No watery stools for at least 24 hours**
- **At least 24 hours on an antibiotic, if prescribed**



TL:H:SDW communicable Disease "Too Sick for
School" 8-19-10