Carlsbad Unified School District Health Services Department

HEALTH CONCERNS WHICH SHOULD KEEP A CHILD HOME FROM SCHOOL

- **COVID UPDATE:** If your child is showing any of the symptoms listed, please keep them home until symptoms are resolved without medication. **Symptoms:** chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea or fever.

- Children too ill to participate in normal school activities should not be at school. Not only are they unable to benefit from education when ill, they also *may infect other children and staff*

- A child with a temperature greater than 99.0 degrees Fahrenheit (37.2 Celsius) orally should stay home until the temperature has been normal for 24 hours

- A child who has vomited at least twice in 24-hours or is unable to tolerate normal food and drink should stay home until the vomiting has stopped (drinking fluids has resumed) for at least 24 hours. If a child vomits during school the student needs to stay home 24 hours to ensure no longer vomiting and can tolerate fluids and food.

- A child with diarrhea (2 or more watery stools in 24 hours) should stay home until the diarrhea has topped for at least 24 hours. A child with persistent diarrhea should be seen by a doctor

- A child with a known or suspected communicable disease should stay home until a doctor approves their return to school, (in writing) or the symptoms are no longer present
  - Examples of communicable diseases: COVID, strep throat, chickenpox, shingles, herpes simplex, Hepatitis A, impetigo, fungus skin infections (like ringworm), head lice, scabies, reddened eye with thick mucus or pus draining (pink eye) from it. When a child is diagnosed with such a disease, the school health office should be alerted

- A child with a rash of unknown cause should stay home until seen and released by a doctor as being not contagious, or until the rash is gone

- A child who has undergone a medical procedure requiring general anesthesia should stay home for a least 24 hours following anesthesia

- A child that requires a narcotic for pain relief should remain at home until pain can be resolved with ibuprofen and/or acetaminophen

- A child with upper respiratory infection (symptoms: persistent nasal discharge that is discolored, elevated temperature, productive excessive cough) should stay home until symptoms are improved at least 24 hours, or school attendance is approved in writing by a physician

- A child without fever, but with a mild cough, runny nose, and nasal congestion that the student can control the spread of their germs (coughing into elbow, using Kleenex's appropriately) may be at school with the approval of the health technician or district nurse

- A child who has been receiving antibiotic medication for at least 24 hours, and is without fever and otherwise well, may be at school (unless a diagnosis of pertussis; may return on the day after completing antibiotics)

- If a child needs to take medication while at school, written physician and parent approval, along with medication in a pharmacy labeled container, is required.