



Saint Mary School

RIDGEFIELD

In an effort to maintain a healthy school environment, **please refer to the guidelines on when to keep students home from school.**

Symptoms and Illness	Should My Child Go to School?
Parent is Sick, Stressed, or Hospitalized	YES - If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending.
Chronic Diseases (Asthma, Diabetes, etc.)	YES - Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs. Please communicate with your child's school nurse.
Child Doesn't Want to go to School - Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea	YES - You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider.
Head Lice/Nits	YES - Your child can be in school if he or she has had an initial treatment of shampooing of hair with a product for lice. Contact the school nurse.
Menstrual Issues	YES - Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your child attending school, consult with a healthcare provider. Please ensure your child has the needed supplies, and consult with your school nurse if needed.

Strains, Sprains and Pains	YES - If your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe, keep your child home and consult a healthcare provider. Students require a doctor note to be excused from physical education.
Respiratory Symptoms - Stuffy nose/runny nose, sneezing, headache, fatigue, sore throat, mild cough	MAYBE - If your child has MORE than one of these cold symptoms, and cannot access their learning, keep them home from school.
Respiratory Illnesses (Flu, Covid, RSV)	NO - If you are sick with a respiratory virus, stay home and away from others until fever free for 24 hours (without the use of fever reducing medication) and symptom improvement.
Coughing - Uncontrolled rapid coughing, wheezing, or difficulty breathing	NO - Keep your child home and contact the school nurse. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
Conjunctivitis (Pink Eye)	NO - Keep your child home until he/she has received appropriate antibiotic treatment for 24 hours.
Fever	NO - If your child has a fever of 100.4 or higher, keep them home until fever free for 24 hours without the use of fever reducing medication.
Head Lice	NO - Keep your child home to treat lice. Contact the school nurse to report the live lice. Students can return to school after treatment when live lice are not present. Bring your child to school the following day to

	have your child's head checked by the school nurse
Impetigo	NO - Students excluded until evaluated and treated by health care professionals. Return to school after 24 hours of treatment and have permission from the physician to return.
Rash	NO - If a rash spreads quickly, is not healing, or has open weeping wounds, keep your child at home and see a healthcare provider.
Strep Throat	NO - Keep your child at home for the first 24 hours after an antibiotic is begun.
Vaccine Preventable Diseases - ie. Chicken Pox, Measles & Rubella (German Measles), Mumps, Pertussis (Whooping Cough)	NO - Keep your child at home until a healthcare provider has determined that your child is not contagious. Contact the school nurse to report your child's diagnosis.
Vomiting	NO - Keep your child home if he/she has vomited 2 or more times in 24 hours, is exhibiting other symptoms (ie. fever), and/or the child is unable to participate in learning. Your child should be kept home until vomiting has stopped for 24 hours without medication to prevent vomiting. If vomiting continues, contact a healthcare provider.

[CDC Resources](#)