

Dear Parents/Guardians:

I feel that it is a good time to review our procedures in regard to children who are sick, when to send them to school and when they will be sent home if becoming ill at school.

If your child gets sick, it is often most appropriate to keep him/her home from school. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. Please make arrangements for childcare ahead of time so you will not be caught without a place for your child to stay if he/she is ill.

### **When To Keep Sick Children Home From School**

Deciding when to keep a sick child at home from school is not always easy. It's important for children to attend school and for some parents staying home means missing work, **But**, when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others.

The following information may help you decide when to keep your child at home. This information does not take the place of consulting a medical provider. **Keep your child home if:**

1. Any child with a fever of 100.0 degrees or higher should stay home until they are fever free for 24 hours without using fever reducing medicine like Tylenol or Ibuprofen.
2. Vomiting in the last 24 hours (Must be symptom free for 24 hours prior to returning to school).
3. Diarrhea in the last 24 hours (Must be symptom free for 24 hours prior to returning to school).
4. Strep Throat (Must have been taking an antibiotic for at least 24 hours and be fever free for 24 hours before returning to school).
5. Pink Eye (Must have been taking an antibiotic for at least 24 hours and have no drainage before returning to school).
6. Bad cold with a very runny nose or bad cough, especially if it has kept the child awake at night. (Any child with heavy cold symptoms such as deep or uncontrollable coughing or significant lack of energy belongs at home even without a fever).

\*Experts agree that the best method of infection control is simply washing hands with soap and water. Please see Hand Washing information on the back of this form.

If you are unsure or have questions about whether your child is well enough to go to school, please contact me in the nurse's office at (814) 226-8220.

Sincerely,

Ms. Tedra Craig RN, BSN, CSN  
(School Nurse)