

**\*\*A Note from the Nurse\*\***

**When to Keep your Child at Home**

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Sometimes it is hard to tell if your child needs to go to school, other activities, or stay at home to rest. Here are a few tips to help you make the best decision for your child.

**FEVER:**

A temperature taken by mouth that is over 100 degrees Fahrenheit is considered a fever and your child should stay home from school. Children should be fever-free for at least 24 hours, without the aid of fever reducing medications before sending them back to school.

**VOMITING:**

Anytime a child vomits, he/she needs to be isolated from other children for 24 hours. If the child vomits in the night, keep him/her home from school the following day.

**COMMON COLD:**

A runny nose by itself is not necessarily a cause to keep your child home. However, if the runny nose is accompanied by headache, nausea, fever, or the child is too tired to concentrate on school work, he/she is probably too ill to come to school. Also consider the color of the nasal drainage. A clear discharge is usually seen in allergies or at the onset of a viral infection. A bacterial infection can produce yellow or green colored discharge from the nose. See your physician if you suspect a bacterial infection. Other symptoms of a bacterial infection are fatigue, sore throat, headache, and stomachache.

**DIARRHEA:**

Watery loose stools that occur more than 2 times during a 24 hours period should be a reason to stay home from school. Please keep your child hydrated during this time. Call your physician if your child is unable to keep fluids down and diarrhea persists.

**STREP THROAT:**

The best way to diagnose this infection is with a throat swab/culture. This is done at a physician's office and can be done rapidly. If the swab is positive, your child must be on 24 hours of antibiotics and be without a fever for 24 hours before returning to school. Strep throat symptoms include fever, sore throat, redness to throat, white patchy spots to the back of throat or roof of mouth, nausea, abdominal pain, and swollen lymph nodes.

**RASH:**

Any rash of unknown cause should be considered contagious. Please have your child examined by a physician to determine cause and communicability of the rash before sending him/her to school.

**CHICKENPOX:**

A child with chickenpox should stay out of school for the first 6 days after the appearance of the first pox, fever free for 24 hours or until all of the lesions are dried and crusted over.

**PINKEYE:**

A child with red or pink conjunctiva and discharge, usually white or yellow, with matting of the eyelids and difficulty opening of the eyes should stay home until treatment has started. Your child can return to school after 24 hours of treatment.

**Prevention Tips**

- schedule your child for an annual FLU vaccine
- wash your hands frequently
- when sneezing or coughing, please use a tissue or “your cough corner”
- avoid touching your eyes, nose, and mouth
- get plenty of rest, sleep, and proper nutrition
- stay hydrated (water is best!)
- do not share eating utensils, cups, straws, ChapStick, etc
- avoid contact with people who are ill