

## Guidelines for keeping Sick Children Home

Common sense always prevails when trying to decide whether or not your child should come to school. Please take into consideration how your child feels and how his/her activity level may have changed due to the illness. It is a very long day for a child who is in school when not feeling well. Many parents ask, “When is my child too ill to go to school?” Keeping a sick child home from school helps prevent the spread of contagious illnesses in the school community and it allows your child time to rest and recuperate.

As a general rule, children should not come to school when they are experiencing any of the following:

**Fever of 100 degrees or higher:** Let your child rest & offer plenty of fluids throughout the day.

**Colds:** If your child experiences a constant runny nose, sneezing, non-stop coughing and unmanageable nasal discharge, then please keep him/her home until symptoms improve. If there is a prolonged cough or extended fever then consult the pediatrician.

**Sore throat:** A minor sore throat is common. A child with strep throat will start to develop other symptoms within about 3 days, such as headache, and or an upset stomach. A fever is not always present with strep throat. A child that is diagnosed with strep throat should not return until after 24 hours of antibiotic therapy.

**Conjunctivitis (pink-eye):** is a mild inflammation of the eyes most often caused by a virus but occasionally caused by bacteria or allergies.

Keep your child home until 24 hours after the first dose of antibiotic if recommended by your doctor.

**Rashes:** Children with a suspicious skin rash should see their pediatrician for evaluation. The child should return to school with written authorization from his/her pediatrician.

**Diarrhea or Vomiting:** A child with vomiting or diarrhea should return to school only after he/she is symptom and medication free for 24 hours.

Also, please fight the urge to give your child Tylenol or Advil as they head out to the bus. Sending your child to school when sick may introduce communicable diseases to others in school.

To help prevent the spread of germs and diseases, please remind your child to wash his/her hands frequently, especially after using the bathroom, before eating, and after coughing or blowing his/her nose. Hand washing is the single most effective way to prevent the spreading of germs and disease.

If you have any questions or concerns, please call me in the nurse's office 401-721-0824, x106.

Warm Regards,

Rosa Tomlinson, RN  
School Nurse