



## Letter From The Nurses Office

### Guidelines for Keeping Your Child(ren) Home From School

Parents are expected to pick up any ill or injured child within a reasonable time agreed upon with the nurse or school personnel. Your sick child is your responsibility. We ask that you please keep them home when they are ill to avoid the spread of communicable illnesses. Please review the guidelines below for keeping your child(ren) home from school.

#### Remember the 24 Hour Rule

Keep your child home for 24 hours after:

- A fever has resolved without the use of fever reducing medication (Tylenol, Advil, or Ibuprofen)
- Diarrhea, Nausea, or Vomiting has resolved
- Receiving/starting antibiotics

Below are additional guidelines for common illnesses your child(ren) may experience

Illness/Disease	Symptoms	Recommendations
Common Cold	Stuffy nose (clear drainage) Sneezing Mild cough	Should attend unless not able to participate in activities
Earache	Trouble sleeping Ear tugging Poor appetite	<b>24 Hour Rule</b> (No fever for 24 hours without fever reducing medication)
Flu	Fever (100 F or higher) Body aches Vomiting	<b>24 Hour Rule</b> (No fever or vomiting for 24 hours without fever reducing medication)
Diarrhea	3 or more loose stools in 24 hours	<b>24 Hour Rule</b> – keep home until no symptoms for 24 hours
Hand Foot & Mouth Disease	Rash on hands, feet, or mouth Sore throat Vomiting Diarrhea	<b>24 Hour Rule</b> - Keep home if the child has a fever, diarrhea, is vomiting, or if they aren't able to avoid close contact with others
Head Lice	Itching scalp, especially behind ears and nape of the neck Live lice or nits	May stay in school the day identified. Must be nit and lice free to return to school. Second treatment 7 days later.
Impetigo	Small red pimples Fluid-filled blisters Crusted yellow scabs often around nose and mouth	<b>24 Hour Rule</b> - Stay home until treated with antibiotics for 24 hours and lesions are covered or crusted
Pink Eye	Red/irritated eyes Drainage of mucous Drainage of pus	Keep home with a fever, if behavior changes, or child is unable to avoid touching eyes
Strep Throat	Swollen lymph nodes Fever, chills, sweats Decreased appetite	<b>24 Hour Rule</b> - Keep home until 24 hours after starting antibiotic and the fever has resolved
Rash	Raised red areas Itchy red areas	Keep child home with any rash of undetermined origin

Please make sure you call the school office every day your child is sick within a reasonable time.