



HEALTH GUIDANCE FOR GOING TO SCHOOL

Make sure to send children to school if they are:

- Generally healthy and well
- Participating in usual day-to-day activities

Children can go to school if they:

- Have a mild cold, which may include a runny nose and/or cough
- Have eye drainage without fever, eye pain or eyelid redness
- Have a mild stomachache
- Have lice nits. If live lice are found, the guardian will be instructed to remove live lice after the end of the school day.
 - *Though they are annoying and should be treated, lice are not a reason to exclude a child from school. (this is consistent with the guidance provided by DPI, AAP, CDC, and DHS.)*
- Haven't had a fever for 24 hours and have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details.

Families have 10 days to use for personal reasons including vacations and illness. If your child has over 10 days, they will need medical excuses for each additional day they miss school. This is following the Wisconsin State Law.



Children may also avoid school due to anxiety.

Symptoms may include:

- **Decreased appetite
- **Feeling tired
- **Stomachache
- **Headache, etc.

If you are worried that your child may be suffering from anxiety, talk with your child's classroom teacher, the School Nurse, School Counselor, or other School Staff to discuss the challenge and identify what can help your child stay in 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 |
|---------------------------|--|--|
| COVID | Fever, cold symptoms Cough Body aches | 24 Hour Rule (No fever for 24 hours without fever reducing medication) And symptoms need to be improving |
| 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 | 24 Hour Rule (No fever for 24 hours without fever reducing medication) |
| Flu | Fever (100 F or higher) Body aches Vomiting | 24 Hour Rule (No fever or vomiting for 24 hours without fever reducing medication) |
| Diarrhea | 3 or more loose stools in 24 hours | 24 Hour Rule – keep home until no symptoms for 24 hours |
| Hand Foot & Mouth Disease | Rash on hands, feet, or mouth Sore throat Vomiting Diarrhea | 24 Hour Rule - 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 | 24 Hour Rule - 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 | 24 Hour Rule - 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.

Friendship Learning Center: 920-929-3757

Bessie Allen Middle School: 920-929-3754

Treffert Way: 920-266-8199

Horace Mann High School: 920-929-2740