



## **When to Keep Your Child Home from School**



It seems like there is always something going around when it comes to kids. Here are some guidelines to help you to know when to keep your child home from school.

### **APPEARANCE/DISCOMFORT**

If your child appears unusually tired, irritable, pale or has an unusual lack of appetite.

### **DIARRHEA**

If your child has had three or more watery stools in a 24-hour period, especially if your child acts or looks ill, it is recommended they do not come to school.

### **EYES**

We understand that eyes are sometimes swollen and irritated by allergens or virus. Because of the extremely contagious nature of Bacterial Pink Eye, we ask you to consult with your doctor before sending your child to school with these symptoms: Thick mucus or pus draining from eye, or if eye is red, puffy and itchy or painful. Your child can attend school 24 hours after starting medical treatment for bacterial Pink Eye.

### **FEVER**

Temperature of 100.0 or higher is an indication that your child could be contagious. Giving a child Tylenol or Ibuprofen will bring the temperature down, and make them more comfortable, but will not prevent them from passing their illness on to classmates. **Please keep them home until they are fever free for 12 hour without medication.**

### **RASH**

Body rash, especially with fever and/or itching.

### **VOMITING**

Vomiting two or more times within the past 12 hours.

### **SEVERE SORE THROAT/ COUGH**

Especially with fever, or swollen glands in the neck. A frequent cough, severe cough can be a distraction to the class. Please feel free to send cough drops with your child for coughs. They can keep the bag in the nurse's office for easy access as needed.

**If your child is prescribed an antibiotic for an illness, he or she should not attend school until the medication has been given for a full 24 hours. If you have any questions, please call me.**

Erica Luebbbers, RN, NCSN

\*\*\*\*\*Please keep this letter for future reference.\*\*\*\*\*