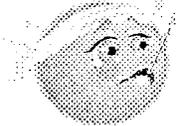
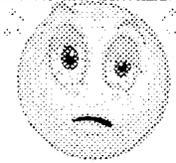
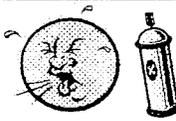
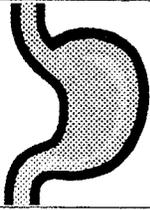


TOO SICK FOR SCHOOL?

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school. How do you make the right decision? The following guidelines are provided to assist you in making the decision as to when your child should stay home from school.

● Green Light, Send your child to school	● Red Light, Your child should stay home
 <p>Fever: Your child is good to go to school if their temperature is below 100° F.</p>	<p>Your child should stay home if their temperature is above 100 ° F. A child with a temperature over 100° F should be kept home until fever-free for 12 hours.</p>
<p>Vomiting: Your child can come to school if they have not vomited in the last 12 hours and they have the energy or feel well enough to attend school.</p>	<p>Your child should stay home from school if they have vomited in the last 12 hours. Watch for signs of dehydration (thirst, dry skin, dark colored urine, dry mouth, fatigue, headaches). To ward off dehydration, offer small amounts of fluid frequently, increasing the amount as tolerated by your child. Contact your doctor if the vomiting continues for more than 24 hours.</p>
 <p>Red Eyes: If the white part of your child's eyes is only slightly pink and there is no drainage, send your child to school.</p>	<p>If your child's eyes are stuck shut in the morning, they are bright red, or oozing a yellow or green discharge, you need to see a doctor for treatment. This may be an eye infection which is highly contagious. Your child can return to school once they have been on antibiotics for 24 hours or a doctor's note states they can return to school.</p>
<p>Diarrhea: Your child's stool is slightly loose, your child is not soiling their clothes, and they are acting their usual self, send them to school.</p>	<p>If your child is having watery stools they should stay home. They could have an infection that can be spread to other students and staff. Watch for signs of dehydration. If your child's diarrhea lasts for more than 24 hours, contact your doctor. Students who have not had any diarrheal stools in the last 12 hours and have the energy to be at school can come to school.</p>
 <p>Cough: Student's with a periodic cough and no other symptoms of illness can attend school</p>	<p>If your child has a continuous cough or has additional symptoms of illness such as a fever, loss of energy, lack of an appetite, vomiting after coughing, etc, then your child should stay home and contact your child's doctor.</p>

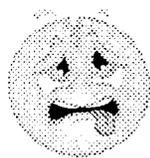
<p>Sore Throat: A scratchy throat accompanied by a runny nose is often just irritation from the draining mucus in the back of the nose, send your child to school.</p>	<p>If the achy throat is accompanied by swollen glands, a fever, headache, less energy than usual, contact your doctor about a test for strep throat. Your child can return to school when they have been on an antibiotic for 24 hours or the symptoms improve and the student has their normal energy level.</p>
 <p>Stomachache: If this is your child's only symptom and they are active, send your child to school.</p>	<p>If the stomachache is associated with vomiting, diarrhea, fever, or no interest in play, contact the doctor for a visit. Your child can return to school when they are back to their usual activity level and not experiencing stomachache symptoms.</p>
<p>Skin Rash: If your child has a skin rash with no other symptoms, send your child to school.</p>	<p>If your child has a rash with another symptom (fever, itching, vomiting, low energy, etc.) do not send him/her to school. They may have a contagious disease, contact your doctor. The school will need a statement from the doctor stating your child can return to school. Please notify the school if the doctor states your child has a contagious disease so we can monitor other students and staff at school</p>



Toothache: Contact your dentist for further care. Send your child to school if they can tolerate the discomfort. If they are crying because of pain, have a fever, or can't eat don't send to school and contact your dentist.



Earache: Contact your doctor right away and have your child seen. Your child may have an ear infection that needs antibiotic treatment.



Headache: Treat the headache with non-aspirin medication and send to school if this is your child's only health complaint.

Sick students belong at home; well children belong in school. A student well enough to attend school should also be well enough to participate in outdoor activities such as recess (unless the student has a written excuse from the doctor). Any teacher, secretary, principal, or school nurse can send a student home if they believe the student is ill or has a communicable disease (i.e. pink eye, lice, impetigo, ring worm, etc.).