

When Children Should Stay Home From School

- **Fever-**

is a sign that your body is destroying the germs that are making you sick, and it's a common symptom of infections such as flu. Keep your student home if their temperature is 100.5 F or higher. Wait until students are fever-free for at least 24 hours, un-medicated, before letting them go back to school. Since fevers tend to occur during the day, it is best to assess overall wellness and resolution of all symptoms before making the decision to return to school.

- **Diarrhea** –

happens because of infection, food poisoning, or medications like antibiotics. Keep children home until their stools are solid for a FULL 24 hours and your doctor gives the OK. Make sure your sick child drinks a lot of fluids, too, so they are feeling up to a full day of school upon returning.

- **Vomiting** –

is another way that the body gets rid of germs. It is usually caused by a stomach virus or stomach infection. Keep children home if they've vomited in the last 24 hours. They can return to school after symptoms have resolved for a FULL 24 hrs. or the doctor says they're no longer contagious.

- **Severe cough and cold** –

Excessive coughing should keep students home from school. A serious cough could be a sign of contagious conditions like whooping cough, viral bronchitis, or croup. In addition excessive coughing is extremely fatiguing and limits their ability to concentrate.. Students should stay home until contagion from cough is no longer a concern.

- **Sore throats-**

can be a symptom of a common cold or strep. Strep throat can be very contagious. If your student has a mild cold, they can go to school. If your child has been diagnosed with **strep throat**, keep them at home for a full 24 hours after starting antibiotics (three doses of antibiotic completed).

- **Pinkeye (conjunctivitis)**

is contagious, and children should stay home from school for the first 24 hours after treatment begins. Symptoms of pinkeye include eye redness, irritation, swelling, and pus.

- **Headaches** –

can be a symptom of contagious illnesses like the stomach flu, flu, meningitis, and strep throat. If the student doesn't have any other signs of illness and feels fine, they should go to school. Parents should use their best judgment as to the overall appearance /mood of their student.

- **Rashes** –

can be the sign of contagious illnesses like chickenpox, bacterial meningitis, or impetigo (a skin infection). Children should be kept home until they're diagnosed. They can return to school after symptoms are gone and /or the doctor gives the OK.

- **Earaches** –

Are not contagious. There's no need to keep a child with a mild earache home, as long as they feel well enough to concentrate.

- **Mild cold or respiratory symptoms**

don't have to sideline kids -- as long as their noses run clear and their cough is mild.