

When should you keep your child home from school?

To help prevent the spread of illness, we would like to give you some guidelines to help with your decision on whether or not to send your child to school.

Fever - The best way to check for fever is with a thermometer. No child with a temperature over 100.3 degrees Fahrenheit should be sent to school. Your child must be fever-free for 24 hours (without fever-reducing medicine) before returning to school.

Mild Cough/Runny Nose - If your child does not have a fever and feels fairly good, your child may attend school.

Bad Cough/Cold Symptoms - Children with severe coughs should stay home and may need to see a doctor. Severe coughs may indicate the child has a severe cold, bronchitis, flu, or pneumonia. When your child's cough improves and is feeling better, he/she may return to school. A child with a lingering, but not severe cough, may return to school.

Sore throat - If your child complains of a slight sore throat and has no other symptoms, he/she may attend school. If white spots can be seen in the back of the throat or if the child has a fever, he/she should stay home and may need to see a physician.

Rash - A rash may be the first sign of one of childhood's many illnesses such as chicken pox or measles. A rash or "spots" may cover the entire body or may appear in only one area. A child with an unidentifiable rash or skin eruption should stay home until your physician says that it is safe to return to school.

Noticeable lesion or wound – If there are signs of drainage it must be covered with a Band-Aid/dressing.

Conjunctivitis (Pink eye) - For conditions including red sclera, itchy eyes, and puss in the eyes, the child should be kept home and return with a physician's note after twenty-four (24) hours of treatment.

Stomachache, vomiting, and diarrhea - **It is recommended that you** consult your physician if your child has a stomachache that is persistent or is severe enough to limit his/her activity. If vomiting occurs, the child should stay home until he/she can keep food down. A child with diarrhea should be kept home. You may need to call your physician if prompt improvement does not occur.

Tooth pain - Consult your dentist.

Ear pain - Consult your physician.

Headache - A child whose only complaint is a headache usually need not be kept at home.

Head lice – A student infested with head lice shall be excluded from school until he/she has received treatment.

Please notify the school if your child has been diagnosed with an infectious condition (strep throat, flu, pertussis, head lice, etc).

Readmission to School Following an Illness - A student who has been absent from school for **three (3) or more consecutive days**, due to illness, hospitalization, or surgery, must present a physician's release before being readmitted to school. The release must contain the dates of and the reason for the absence. Students recovering from a communicable disease shall be readmitted to school according to the isolation/exclusion requirements in Rules and Regulations for the Control of Communicable Diseases, published by the Illinois Department of Public Health.

Send a doctor's note when:

- The child has any condition requiring hospital or surgical care.
- The child returns to school with a cast, stitches, on crutches or needs a wheel chair.
- The child must have a restricted gym program for more than three consecutive days. A parent note is needed for every gym excuse up to three days.
- There have been any changes in the child's health condition, i.e. new diagnosis asthma etc.

Contact the school nurse for information regarding taking medications at school. You and the physician prescribing the medication must complete the required [Medication Authorization form](#).

To keep children healthy, make sure they have plenty of rest and a nutritious diet. Show your child the proper way to wash their hands and to do it frequently throughout the day. Make sure to use soap and water and rub hands together for at least 20 seconds. Limit touching areas such as the eyes, nose, and mouth. Teach your child to cover their coughs and sneezes with a tissue or their arms. Minimize the time your child spends with others who are ill. Avoid sharing personal items such as hats, brushes, combs, lip balm, towels, food, and drinks.

PLEASE KEEP IN A SAFE PLACE FOR FUTURE REFERENCE