

## Guidelines for Keeping Children Home from School

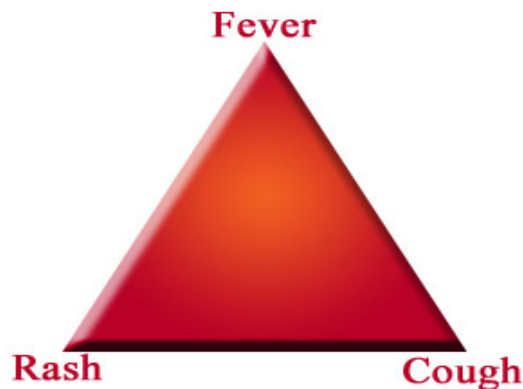
It is sometimes difficult to decide when or how long to keep an ill child home from school. Usually children need to stay home from school if they could possibly spread disease to others or are too ill themselves to do school work. The following guidelines talk about some common childhood illnesses.

**COUGH:** Cough can be a symptom of many illnesses. Call your child's doctor if your child coughs **often during** the night, has a fever, or has been coughing for several weeks.

**FEVER:** If your child's temperature is above 100 degrees Fahrenheit or more in the morning he/she should remain home. Keep your child home until his/her **fever has been gone, WITHOUT fever reducing medicine, for 24 hours**. Remember, fever is a symptom of an illness.

**PINK EYE:** There are several kinds of pink eye (conjunctivitis). Symptoms may include: redness of the eye with burning or itching, tearing or yellow/green drainage coming from one or both eyes, or crusts on the eyelids. Many times pink eye clears up without treatment. Call the physician if it worsens or does not go away in 4 or 5 days. Since it spreads by contaminated hands, very young children who may not remember to keep their hands away from their eyes may need to stay home from school. School nurses may exclude students for pink eye if they determine this is best for the child and the other students in the classroom. **If your child has seasonal allergies, he/she may at times have reddened eyes and can attend school.**

**VOMITING AND DIARRHEA (INTESTINAL VIRAL INFECTIONS):** Stomachache, cramping, nausea, vomiting and/or diarrhea. If your child has had vomiting and/or diarrhea twice or more in 24 hours, he/she should remain at home. Please do not send your child to school, if he/she vomits or has diarrhea during the night. Keep your child at home until the vomiting and/or diarrhea has stopped for 24 hours. However, children on antibiotics may have loose stools and may attend school as long as they are able to care for bathroom needs by themselves.



If your child has a **combination of any two** of these symptoms (fever, rash or cough), he/she needs to be isolated and may need to be evaluated by their doctor.

**For more information or if you have questions, please contact your child's school nurse.**