

When to Keep Your Child Home

It can be difficult for a parent to determine the need for their child to be kept home when they complain of not feeling well on a school day. The following information is not intended to take the place of medical advice of a doctor, but is designed to provide guidelines until your doctor can be contacted for their opinion. Please do not delay medical care if you ever feel it is warranted. Sick children belong at home. Your child will benefit and fewer children will be exposed to contagious illnesses.



Please be sure to follow the 24 hour rule mentioned below in special circumstances.

Regular school attendance is critical for student success. Children kept home from school for reasons other than illness have been shown to result in negative effects on their attitude, work habits and progress. Please do not keep your child home if it is not necessary. If you do take your child to the doctor, please send a doctor excuse to school upon their return to allow us to excuse that absence for valid reasoning.

Do Not Send Your Child to School in the Following Situations:

- Child is known to be contagious.
- Child is lethargic.
- Child has a severe runny nose and is unable to care for the secretions properly.
- Child has diarrhea, vomiting, or fever.

Fevers:

- A fever is a warning that all is not right in the body.
- The best way to check for a fever is with a thermometer. If you don't currently have one, investing in one is strongly encouraged.
- A child with fever over 100°F should not be sent to school.
- No child should return to school until fever has been less than 100°F for 24 hours WITHOUT the use of fever-reducing medications (ex: acetaminophen / ibuprofen).
- A child with fever over 101°F for over 24 hours, should be seen by your doctor.



Rash:

- A rash can be a first sign of a childhood illness and is a cause for concern.
- Do not send a child with a rash to school until they have seen your doctor and the doctor has stated that it is safe for them to return.

Cough / Cold / Sore Throat:

- The common cold presents the most problems for parents.
- A child with a severe cold and hacking cough belongs home even if they are fever-free.
- A child who cannot control body secretion from their nose or mouth (runny nose or coughing/sneezing) should remain home to prevent the spread of germs.
- If your child complains of a sore throat and has no other symptoms of illness, they can come to school. Sore throats are a common symptom that will show up with viral illnesses.
- Sore throats with other symptoms of illness, especially fever should be evaluated by your doctor. Strep throat is a common bacterial infection and a throat culture can be done to determine if antibiotics may be needed. When antibiotics are prescribed to your child, they must remain home until they have been on the antibiotic for 24 hours.

Stomachache / Diarrhea / Vomiting:

- A child with a stomachache that is persistent or severe enough to limit their activity should be seen by a doctor.
- Stomachaches accompanied by fever, and/or pale or green looking skin warrant the need for your child to remain home.
- A child with diarrhea or loose stools should be kept at home. Having diarrhea in the classroom is disruptive for learning and uncomfortable for students. They can return to school when they have not had diarrhea for 24 hours.
- A child who vomits should be kept home at least 24 hours and until they can keep an adequate meal of food down.



Stomachaches are a common childhood issue. If the pain is not located in one particular area, comes and goes and just above the belly button downward, more likely than not it is a bathroom issue. Encourage your child to sit on the toilet for a bit, take a drink of water, lay on their left side for about 3 minutes and to eat something.

Headache:

- Headaches without other symptoms can be a common result of hunger or dehydration. Encourage a light snack and for them to drink plenty of water.
- If your child wears glasses, make sure they have them available for use.

Toothache:

- Consult your dentist as soon as possible.

Earache:

- Consult your doctor.

