

## WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

Sometimes it can be difficult to determine if your child should be sent to school or kept home when they wake up with early symptoms of an illness or complaints that they don't feel well. In general, unless your child is significantly ill, the best place to be is in school where they have already been exposed to the same germs and are less likely to expose other more vulnerable people such as the elderly and very young.

There are some situations when it is best to plan on keeping your child home for the day to rest or to arrange for an appointment with your health care provider. The following are some situations when your child should be kept home from school and a trip to the doctor may be warranted:

- Fever greater than 100 degrees including a fever that requires control with medication such as Tylenol. Your child will not be allowed to return to school until his or her temperature is less than 100 degrees without the use of a fever reducer such as Tylenol or Motrin.
- Your child is too sleepy or ill from a sickness like vomiting and/or diarrhea to profit from sitting in class.
- Significant cough that makes a child uncomfortable or disrupts the class.
- Sore throat that is severe, accompanied by a fever and/or feeling ill that persists longer than 48 hrs. , or after KNOWN exposure to a confirmed case of streptococcal infection. If your child has been

diagnosed with strep throat he or she cannot return to school until they have received antibiotic therapy for at least 24hrs.

- Honey crusted sores around the nose or mouth, or a rash in various stages including boils, sores or bumps accompanied by a fever.
- Severe ear pain or drainage from the ear.
- Severe headache, especially if accompanied by a fever.
- Any condition that you feel may be serious or contagious to others.

Whenever there is an outbreak of a specific contagious infection, the school sends out a notice to parents for any signs or symptoms to watch for. If your child starts to develop symptoms it is important to alert your health care provider that your child had possible exposure. Be sure to ask your provider when it is safe for your child to return to school.

If you are concerned about the amount of time your child has missed from school and your child is still complaining of symptoms, it may be a good idea to contact your school nurse and your health care provider to discuss your concerns.

Thank You,

Your CVES Nursing Staff