

When to Keep Your Child Home...Notes from the School Nurse



Children should be kept home from school when they don't feel well. It is important to get the rest they need to recover, and to prevent the spread of germs to other children and the staff. The following are some guidelines used to determine if a child should stay home from school. If you are unsure of when to keep your child home, please contact the school nurse, your healthcare provider, or the local public health department.

Fever: An oral temperature of 100.00 or higher indicates a fever. If your child has a temp of 100.00 or higher at school he/she will be sent home. Your child should be fever free for 24 hours and without the use of a fever reducer (Tylenol or Ibuprofen product) before he/she returns to school.

Strep Throat: If a fever is accompanied by a sore throat, stomach ache or head ache it may be strep throat. Strep throat is diagnosed by a throat culture obtained at a medical clinic. If your child is treated with antibiotics for strep, he/she must stay home for 24 hours before returning to school.

Vomiting and diarrhea: If your child has an episode of vomiting or diarrhea at school, he/she will be sent home. Anyone with either of these symptoms should stay home until symptoms are absent for 24 hours.

Skin problems: Many skin rashes such as impetigo, scabies, chicken pox, Fifth disease or Hand Foot and Mouth disease are very contagious. Open sores from illnesses such as chicken pox and impetigo may need to be covered at school with bandages for several days.

Cough: A cough may be a sign of many different illnesses. If a cough is accompanied by a fever, sore throat, body aches or any other symptoms you should keep your child home. Any cough that lasts for more than several days should be discussed with a health care provider.

Lice: If live lice are found on a student at school, the student will be sent home for treatment. The child may return after a treatment and no live lice are found on the head. If you discover lice at home, please contact the school nurse to discuss the best way to get rid of lice and determine when your child may return to school.

Sincerely,

Traci Moots, RN School Nurse