

# When to Keep Your Child Home from School

Deciding when a child is too sick to go to school can be difficult. Please know that good health is more important than a perfect attendance record. In order for your child to be available for learning, and to control communicable diseases in school, it is important to keep your child home for the following reasons:

- **Fever above 100.4 degrees** - Your child should be fever free, and off of all fever reducing medication for 24 hours before he or she returns to school. Students returning to school before they are well are more susceptible to illness and may expose others. Please do not give your student medication to treat a fever and then send him or her to school.
- **Sore throat or tonsillitis** - A minor sore throat is usually not a problem, but a severe sore throat could be a symptom of a more serious illness. Keep your child home from school and contact your health care provider. If your child is diagnosed with Strep Throat, he or she may return to school 24 hours after antibiotic treatment begins.
- **Spots/Rash** - Do not send your child to school with a rash until your health care provider has said that it is safe to do so. Children with ringworm, scabies, or impetigo can return to school after 24 hours of appropriate treatment. The affected area should be covered if possible.
- **Bad Cough/Cold Symptoms** - Children with bad coughs/colds need to stay home, and possibly see their health care provider. When the cough improves and the child is feeling better they may return to school. It can take well over a week for a bad cough to completely go away.
- **Eye Inflammation or Discharge** - If your child's eye is red with a cloudy or yellow/green drainage; matted eyelids after sleep; eye pain and/or redness, you should keep your child home, and contact your child's health care provider. If your child is diagnosed with pink eye, he or she may return to school 24 hours after treatment has began.
- **Vomiting and/or Diarrhea** - Your child should stay home until the illness is over, and for 24 hours after the last episode (without medication).
- **Ear Pain** - Consult with your health care provider. Untreated ear infections can cause problems with hearing loss.
- **Head Lice** - Student must be treated with a special preparation for killing head lice (available over-the-counter) and progress made on removing all of the nits. Student is to be cleared by the Cleveland County Health Department or their health care provider.
- **Acute Pain** - Students that have pain that requires narcotic medication for relief should not attend school.

Your child may attend school if he or she has:

- **Mild Cold Symptoms** - If your child feels well, and there is no fever, it is usually OK to send your child to school.
- **Allergic Conjunctivitis** - known allergy diagnosed by physician.
- **Vague complaints of aches, pains or fatigue.**
- **Single episode of vomiting and/or diarrhea** - that happens at home without any other symptoms.
- **Diagnosed skin condition.**

Remember to call the school every day that your child will be absent. Make sure the school has your current contact information in case your child was to become ill or injured at school. Have a plan in place for childcare issues for when your child is ill. If your child has a communicable disease, please notify the school. In some instances it will be necessary for your physician to provide the school with a medical release before your child may return to school.

Medications should be given at home if at all possible. If a medication is required during school hours the procedures for medication administration must be followed.