

Is Your Child Well Enough To Go To School?

It is not always easy to decide if your child is sick enough to stay home or well enough to be in school. Children who come to school are expected, with few exceptions, to participate fully in school activities.

Here are some guidelines that might help in a parent's decision-making:

1. **Fever:** A fever of 100 degrees or more signals an illness that is probably going to make a student uncomfortable and unable to function well in class. Your child should stay home until his or her temperature is less than 100 degrees (without giving fever-reducing medication) PLUS an extra 24 hours after that.
2. **Vomiting, Diarrhea or Severe Nausea:** These are symptoms that require a student to remain at home until the symptoms go away, and he or she can eat a normal diet, PLUS an extra 24 hours after that.
3. **Infectious Diseases:** In order to minimize or help prevent the spread of communicable diseases, state law requires that children should be kept home from school if they have a disease that spreads easily, such as impetigo, pink eye with thick drainage, strep throat, pink eye, ringworm, head lice or scabies. A student may return to school 24 hours after the first dose of an antibiotic and if he/she is feeling well. A doctor's note may be required. Students with chicken pox may return to school when all the scabs are completely dried and no new lesions are developing (usually 5-7 days).
4. **Rashes:** Rashes or patches of broken, itchy skin need to be examined by a health care provider if they appear to be spreading or not improving. Some rashes may need to be covered while your child is at school.
5. **Injuries:** If a student has an injury that causes continuous discomfort, the student should not attend school until the condition is checked by a health care provider or it improves. Injuries that interfere with class participation need a medical evaluation. If participation in physical education classes is not recommended or other physical restriction is advised,, a health care provider's excuse is required. Any pain medication that is required MUST be brought in by the parent or guardian, and the appropriate medication form must be completed. If your child is taking prescription medication, his or her physician must also complete and sign the form.