



A Note from the Nurse

Now that the cold and flu season is upon us, here are some guidelines for keeping sick students home from school:

FEVER: The child should remain at home with a fever greater than 100. **If your child needs Tylenol in the morning in order to come to school he/she needs to stay home for 24 hours.** The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Ibuprofen).

DIARRHEA/VOMITING: A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom-free for 24 hours. If your child has vomited since dinner, he/she needs to stay home another 24 hours. This is in order to keep the children around them healthy and to not spread germs.

COLDS: Consider keeping your child at home if he/she is experiencing discomfort from cold symptoms, such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.

EAR PAIN: Ear pain with fever should be evaluated by a health care provider. Untreated ear infections can cause permanent hearing loss.

SORE THROAT: If a student is having trouble swallowing and speaking and has a fever, he/she should be evaluated by a health care provider for strep throat. **Student can return to school after being on medication for 24 hours and is fever free.**

A sick child cannot learn effectively and is unable to participate in a meaningful way. Keeping a sick child at home prevents the spread of illness in the school community and allows the child the opportunity to rest and recover.

Thank You!

