



### **Guidelines for Keeping Ill Children Home from School**

Here are some guidelines for keeping ill children at home. These are the same guidelines we use in determining when to send ill children home from school. The guidelines are recommendations from Clark County Public Health and the Washington State Department of Health.

#### **Keep at home any ill child or child with the following symptoms:**

- Fever - over 100.0 F, especially if other symptoms are apparent. Your child should be free of fever for 24 hours (without the aid of Tylenol/ibuprofen) before returning to school. Aspirin or other salicylates should not be administered for viral illnesses because aspirin appears to be statistically linked to the incidence of Reye's syndrome. ([http://kidshealth.org/parent/infections/bacterial\\_viral/reye.html](http://kidshealth.org/parent/infections/bacterial_viral/reye.html)).
- Nausea, vomiting, and/or diarrhea - students/staff should not return to school until 48 hours after the last time they vomited or had diarrhea.
- Rash - the diagnosis of rashes can be difficult and even a licensed health care provider may require lab tests to confirm whether a certain disease is present.
- Known communicable disease - should not be sent to school without the specific approval of your doctor. Chickenpox (exclude students from school until all lesions have crusted). Impetigo (exclude until under treatment or unless licensed health care provider suggests it). Strep (exclude until under treatment for 24 hours). Ringworm (exclude until treatment has been started).
- Eye drainage - may indicate conjunctivitis (a common infectious disease of the eyes) caused by several types of bacteria and viruses. Exclude student from school and see licensed health care provider if there is white or yellow drainage from the eye(s), altered vision, and/or redness of the eyelid or skin surrounding the eye.
- Mild cough/runny nose - if there is no fever and the child feels fairly good, school is fine. Colds are generally self-limiting and disappear on their own without complications. If the student develops ear pain, severe sore throat, difficulty breathing, or symptoms beyond 10 days, parents should call their licensed health care provider.

If a child becomes ill at school, symptoms are noted, and the parent is notified to pick up the child. In the event of a serious injury or illness, parents are also contacted. If a parent cannot be reached, the person listed as the emergency contact will be called. Therefore, please make sure that throughout the school year you provide the school with current work, home, and emergency telephone numbers.

Please remember that during school children are in close contact with each other. If children are kept home when the first signs of illness appear, it helps prevent the spread of that illness to other children. Your child will recover more quickly if he/she gets plenty of rest and proper care early in the illness. If you have any questions/concerns about your child's health, please contact your licensed health care provider.

Here are some tips to keep you and your child healthy to prevent illness:

- Wash hands frequently (before eating/after using the bathroom/after sneezing/coughing into your hands) with soap & warm water for 20 seconds
- Cover your mouth/nose with a tissue when you cough/sneeze OR sneeze into your upper sleeve
- If soap & water are not available, use an alcohol based hand cleaner
- Keep your bodies clean as well as brush your teeth
- Get plenty of rest each night
- Eat a variety of healthy foods including fruits and vegetables
- Drink water (instead of sugary or carbonated choices)
- Get DAILY exercise; Get routine health check-ups
- Stay away from second-hand smoke exposure