

## WHEN TO KEEP A CHILD HOME WITH ILLNESS DURING COLD AND FLU SEASON

1. Persistent fever greater than 100° orally, including a fever that requires control with medication like Tylenol
2. Child is too sleepy or ill from an illness, like vomiting and/or diarrhea, to profit from sitting in class all day
3. Significant cough that makes a child feel uncomfortable or disrupts the class
4. Sore throat that is severe, accompanied by fever and/or feeling ill, that persists longer than 48 hours, OR after known exposure to a confirmed case of Streptococcal throat infection
5. Honey-crusted sores around the nose or mouth that might be impetigo, or a rash in various stages including boils, sores and bumps that may be chicken pox, OR a significant rash accompanied by other symptoms of illness such as fever
6. Red, runny eyes that distract the child from learning
7. Large amount of discolored nasal discharge, especially if accompanied by facial pain or headache
8. Severe ear pain or drainage from the ear
9. Severe headache, especially if accompanied by fever
10. Any condition that you think may be serious or contagious to others

Whenever there is an outbreak of a specific contagious infection, the school sends out a notice to alert you to watch out for any symptoms. If your child starts to develop symptoms, it is important that you alert your own health care provider that your child had possible exposure. Be sure to ask your provider when it is safe for your child to return to school, both for your child's health and for the health of the rest of the school. If you send your child to school even though you suspect there is significant illness as described above, please call the school nurse to provide her/him with phone numbers where you can be reached that day should your child become more ill and require early dismissal.

Finally, if you know your child is still running a fever, it is not a good idea to medicate them with Tylenol and send them onto school because as soon as the medication wears off, you are apt to get the dreaded call from the school nurse to leave work and come to pick up your feverish child. It is better to let them stay home in bed with a fever and take their medications at home until they are off all medicines and ready to learn for a full day in a classroom. Remember, whenever you keep your child home from school, please call the school nurse or attendance office in advance of the school day and leave a message that your child will be absent.

School Nurse