



When to stay home when not feeling well

We want students to have good attendance but there may be times when your child(ren) is/are too ill to come to school. These guidelines are suggested by the American Academy of Pediatrics. When a child is ill, the following steps should be taken:

- Notify the school nurse
- Keep the student home
- Reach out to their healthcare provider

We ask that if the student is experiencing these symptoms, stay home for 24-hours after any of these symptoms of illness resolve:

Fever

- An elevation of body temperature above normal (oral 100.4°F) AND accompanied by behavior changes, stiff neck, difficulty breathing, rash, sore throat, and/or other signs or symptoms of illness or is unable to participate in school work.
- Unable to participate in routine activities or needs more care than can be provided by the school staff.
- Students need to stay home for 24 hours after their temperature has returned to normal without any fever reducing medications, such as Ibuprofen or Acetaminophen.

Diarrhea

- Diarrhea is defined as an increased number of stools compared with a child's normal pattern, along with decreased stool form and/or stools that are watery, bloody, or contain mucus.
- **Exclude until 48 hours after diarrhea stops** or follow specific disease exclusion if the pathogen is known (norovirus, salmonella, etc.); or until a medical exam indicates that it is not due to a communicable disease.

Vomiting

- Child has vomited two or more times in the previous 48 hours.
- Exclude for 24 hours after the last episode of vomiting, or until the child is able to tolerate a meal without vomiting.
- If it is NOT communicable, the family and their clinician will need to discuss how to manage continued vomiting. A note from the Provider can be submitted to the Nurses.

Respiratory

- Respiratory infections are common. If the child does not have fever, does not appear to have decreased activity or other symptoms, it is not necessary for the child to stay home.
- Respiratory hygiene and etiquette should be promoted.

Persistent Coughing

- Could be caused by many illnesses.
- Students experiencing persistent coughing should see their primary care provider and stay home until it is resolved.

Fatigue

- Symptoms include lingering redness, paleness, lack of appetite, difficult time waking, confusion and irritability.
- Students should stay home until they are well, or have seen their primary care provider.

Strep Throat or Bacterial Conjunctivitis (Pink Eye)

- Illnesses for which primary care providers have diagnosed and prescribed treatment.
- Students must stay home 24 hours after the first dose of antibiotics.