



Keeping Sick Students Home!

Deciding when a child is too sick to go to school and too sick for after school programs can be a difficult decision for parents to make. When trying to decide, use these guidelines to help make the best decision.

Go To School

If your child has any of the following symptoms, they can probably go to school:

- Sniffles, a runny nose and a mild cough without a fever
(This could be an allergic response to dust, pollen, or seasonal changes.)
- Vague complaints of aches, pains or fatigue
- Single episode of diarrhea or vomiting without any other symptoms

Stay at home from school AND after school activities

If your child has any following symptoms, please keep your child at home, or make appropriate child care arrangements.

- **APPEARANCE, BEHAVIOR** – *unusually* tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child from school.
- **FEVER** – temperature of 100 degrees Fahrenheit or higher. Remember that a child **must be fever free for 24 hours before returning to school.**
- **EYES** – thick mucus or pus draining from the eye or pink eye. With pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.
- **NOSE, GREENISH DISCHARGE, AND/OR CHRONIC COUGH** – should be seen by a health care provider. These conditions may be contagious and require treatment.
- **SORE THROAT** – especially with fever or swollen glands in the neck. With Strep throat, the child may return to school after 24 hours on antibiotics.
- **DIARRHEA** – 3 or more watery stools in a 24 hours period especially if the child acts or looks ill.
- **VOMITING** – vomiting 2 or more times within the past 24 hours.

- **RASH** – body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious.
- **EAR INFECTIONS WITHOUT FEVER** – do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.
- **LICE, SCABIES** - Please complete treatment recommendations for lice. Check and treat all family members. Please notify school (office/nurse) when lice are found. Children with diagnosed scabies may return to school after treatment initiated.
- **CHICKEN POX** – children must stay at home for 5 days after the onset of blisters, or until all pox are scabbed over and dry.

<p>IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS WHILE AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP FROM SCHOOL.</p>

- Bringing a child to school and to after school programs with any of the above symptoms puts other children and staff at risk of getting sick.
- If all parents keep their sick children at home, we will have stronger, healthier and happier children who are ready to learn.
- While we regret any inconvenience this may cause, in the long run this means fewer lost work days and less illness for parents.

Don't Forget!
Wash Hands Frequently
Practice Good Respiratory Etiquette
Cover your cough
Stay home if you're sick
Stay Well!

Bellevue Public School Nurses