

General Illness Letter
When to Keep Your Child Home from School

Dear Parents/Guardians:

We would like to share some information that will help us promote a healthy environment at school. Sometimes we have a large number of students coming to school with coughs, bad colds, fevers, and/or returning to school before they are fully recovered. **This not only prolongs their illness, but also exposes other children and staff to the illness as well.** The following guidelines have been established to limit the spread of infections among children at school. Please keep in mind that any illness that causes enough discomfort to need medication probably indicates that the student should not be in school.

- Your child is considered to be infectious when a fever is present. If your child's temperature is 100.0 or above they should not attend school. **CHILDREN MUST BE FEVER-FREE FOR 24 HOURS BEFORE THEY CAN RETURN TO SCHOOL. Other symptoms should be considered: cough, nasal congestion, stomachache, vomiting or diarrhea. If these symptoms are present we advise remaining at home until your child is symptom free.**
- If a child has stomach flu symptoms, **THEY NEED TO HAVE BEEN ABLE TO KEEP FOOD DOWN FOR AT LEAST 24 HOURS BEFORE RETURNING TO SCHOOL.**
- Strep throat is quite common and easily treated with antibiotics. This bacteria is spread by direct contact with secretions from the nose and throat of infected individuals or by contact with infected wounds or sores on the skin. **CHILDREN WITH A POSITIVE DIAGNOSIS OF STREP THROAT MUST BE FEVER FREE FOR 24 HOURS AND ON ANTIBIOTICS FOR 24 HOURS BEFORE RETURNING TO SCHOOL.**
- Rashes may be the first sign of one of childhood's many illnesses, such as chicken pox or measles. A rash or "spots" may cover the entire body or may appear in only one area. **PLEASE DO NOT SEND YOUR CHILD TO SCHOOL WITH A RASH OR SKIN ERUPTION UNTIL THE DOCTOR SAYS IT IS SAFE TO DO SO.**
- Pink eye (conjunctivitis) is an inflammation of the thin outer layer of the eyeball and the inner surface of the eyelids. The most common causes are bacteria and viruses. This can be quite contagious. Symptoms include redness of the whites of the eyes, water discharge, redness, and/ or swelling of eye-lids, itching and rubbing of the eyes, and crust in the inner corners of eyes, especially upon awakening. Pink eye is treated with prescription eye drops. **STUDENTS MAY NOT ATTEND SCHOOL UNTIL A FULL DAY OF TREATMENT HAS BEEN PROVIDED.**

Remember that frequent hand washing is the body's best defense against the spread of disease. Thank you for your cooperation and concern in the effort to keep our students and staff healthy.