



School Health Services

Tips for Parents from the School Health Office

Many parents ask, “When is my child sick enough to stay home from school?” OR “When can my child return to school after an illness?” These are not always easy questions to answer. Please reference the following suggestions in helping to make your decision.

*A child who is sick will not be able to perform well in school and is likely to spread an illness to others. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

*Fever (defined by 100.0 or greater) in the past 24 hours- Must be fever free for 24 hours without the use of medication

*Vomiting in the past 24 hours- Must be without for 24 hours without the use of medication

*Diarrhea in the past 24 hours- Same as above

*Chills- This is usually an indication a child is coming down with an illness/infection –keep home and monitor

*Sore throat- Only if severe, and child would be unable to sit in class comfortably/OR if child has been exposed to strep throat/OR an actual case of strep throat- child must be on antibiotics for 24 hours prior to returning to school.

*Bad cold, with a very runny nose or bad cough, (even without fever) especially if it has kept the child awake at night

*Impetigo- Light yellow (honey colored) blisters/crusting anywhere on body, especially face child must be on antibiotics for 24 hours before returning to school

*Conjunctivitis- Depending what the cause is-viral, bacterial, or allergic- Contact Medical Provider for Diagnosis

*Ear pain/drainage- Contact your Medical Provider to rule out infection

*Headache- Especially if severe or persistent and accompanied by fever/lethargy

*Any condition that you feel may be serious or contagious to others- Please keep your child home

It is essential that the school have a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and the childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify the school office immediately.

If you have any questions/concerns/comments please feel free to contact me-
Nurses Office @ 716-676-8022