

# Health & Safety: General Illness Guidelines

## HOW SICK IS TOO SICK FOR SCHOOL?

We strive to create a healthy learning environment for our students, so it is important not to send your child to school if they are sick. If your child is experiencing a cold, congestion, upset stomach, temperature, or just not feeling well (even if they are not running a fever), please keep them at home. Students who become ill while at school may be sent home. Medication at school forms are required for both prescription and over-the-counter medications.



2022-23

### FEVERS

The CDC considers a person to have a fever with a temperature of 100.4° F orally (38° C). Please keep your child home for at least 24 hours after the fever has resolved without the use of fever-reducing medicine (i.e., Advil, Ibuprofen, Tylenol).

- *A child with a temperature at or above 100.4 orally will be sent home from school.*

### NAUSEA, VOMITING, & DIARRHEA

Do not send your child to school if they have vomited overnight, in the morning or experiencing diarrhea. Your student should remain home for at least 24 hours after the last episode of vomiting or diarrhea and fever-free.

- *A student who vomits at school is required to go home.*

### SKIN RASHES

Please report the following contagious illnesses to the school office: chickenpox, impetigo, scarlet fever, measles, fifth disease, ringworm, scabies, or rash of unknown origin.

- Do not send your child to school if they have a rash of unknown origin or as directed by your medical provider.
- A student may be sent home from school with a rash of unknown origin.
- To return to school, you may need to provide a written school clearance note from a health care provider.

### COUGH & COLD

Student should remain home when:

- A cough is frequent, uncontrollable, worsens with physical activity, or a student cannot cover their mouth when coughing.
- Nasal congestion is bothersome and will limit students' ability to engage in academic work.

### PINK EYE

Symptoms of pink eye can include eyes that are red, swollen, crusting, and draining. A child with pink eye (bacterial conjunctivitis) is highly contagious and should remain home until they have been on prescription eye drops or ointment for 24 hours and symptoms have improved.

### SEASONAL ALLERGIES (Allergic Rhinitis)

Medications for seasonal allergies often work best if taken routinely. The spring and fall bring high levels of pollen. If your student routinely takes medication for seasonal allergies, please administer the medication daily, before or after school.

### LICE

Student may return to school after the first treatment is complete. Student may be checked for lice by the school office staff upon return to school. [A Parent's Guide to Head Lice.](#) Contact your school nurse for further guidance.