

When to Keep Your Child at Home

There are times when you are not sure whether you should keep your child out of school. Below are some guidelines that should help you know when to keep your child at home.

- If your child has a fever of 100 degrees or more within the past 24 hours (without Tylenol or anti-fever medication), he or she should stay at home.
- Vomiting or Diarrhea – If your child has vomited or has diarrhea on the evening before or morning of school, please allow them to rest at home. They are not allowed to attend school and must not return until 24 hours have passed since the last episode of vomiting or diarrhea.
- A blistery sore or rash, especially if accompanied by a fever. This may be chicken pox. If it is chicken pox, the student will need to stay home until all areas are scabbed over, usually 5-7 days.
- Keep your child at home if he or she has **HEAVY** nasal congestion or has a persistent cough that interferes with normal daily activity.
- If your child has been diagnosed with a contagious bacterial infection such as strep, pink eye or impetigo, he or she must be on antibiotics 24 hours before returning to school.
- If your child requires narcotic pain medication, he or she should not attend school.
- During Flu season it is very important to keep your child at home if he or she has the following symptoms: fever, body aches, chills and sweats, persistent cough, fatigue/weakness and nasal congestion.

Please remember that while attendance is very important, it is also very important to protect the health of all students and staff. If your child has any of the above symptoms, it is best to keep him or her at home. Most childhood illnesses are over quickly, but if the symptoms are persistent or severe for more than 24 hours, you should contact your child's healthcare provider. Early diagnosis and treatment can help your child recover faster and return to school more quickly.

Sincerely,

Krista Hockaday, RN BSN
Oak Hill School Nurse