



From the health office

With the cold weather upon us, many parents ask, “When is my child sick enough to stay home from school?” This is not always an easy question to answer. Hopefully, these tips can help. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children. You should not send your child to school if he/she has:

- **Fever greater than 100°** - The child should be without a fever (without medication) for 24 hours before returning to school. If your child is sent home from the health office with a fever, he/she should not return the following day unless he/she has been cleared by their physician.
- **Vomiting** - The child should have been 24 hours without vomiting before returning to school.
- **Diarrhea** - The child should be have been 24 hours without diarrhea before returning to school.
- **Sore throat**
- Bad cold, with a very runny nose or a bad cough, especially if it has kept the child awake the night before.
- Unexplained rash, especially with a fever
- Several sores around nose and mouth
- Red, runny eyes that are difficult to open in the morning
- Severe ear pain
- Severe headache
- Live head lice

If your child becomes ill at school and the nurse feels the child is too sick to be in school, you will be called to come and take him/her home. It is essential that we have a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. If your daytime phone number changes during the year, please notify the school.

Please call the school’s Health Office if you have any questions or concerns at 237-5044