

# Illness Policy

## How Sick is too Sick?

### When to Keep Students Home

*In most situations the school prefers students come to school and if they become ill at school, the parent/guardian will be notified. However, **here are a few guidelines to help parent/guardian in deciding when to keep your child home from school.***

Symptom	Student must be at home?
<b>Diarrhea</b> frequent, loose or watery stools compared to child's normal pattern: not caused by diet or medication	<b>Yes</b> -If your child looks or acts ill: if the child has diarrhea with a fever and/or vomiting. Make sure your sick child stays well hydrated. <i>Student can return when he/she has not had diarrhea during the last 24 hours.</i>
<b>Fever</b> Fever is the body's way of destroying the germs making it sick, and it's a common symptom of infections.	<b>Yes</b> - When fever > 101 is accompanied by other symptoms of illness, such as rash, sore throat, vomiting, headache, muscle aches, loss of appetite, etc. <i>Student can return when fever has been gone for 24 hours without medication and the child's appetite and energy level returned to normal.</i>
<b>Flu</b> The flu can be serious. Symptoms of the flu typically come on suddenly and can include: fever, chills, headache, body aches, sore throat, nausea, vomiting, dry cough	<b>Yes</b> - If your child has a fever > 101 or will be unable to participate in class. <i>Student can return when fever has been gone for 24 hours without medication and energy level has returned to normal.</i>
<b>Coughing</b> Severe, uncontrolled coughing or wheezing, rapid or difficulty breathing <u>Note:</u> Children with asthma may be cared for in school with a written health care plan and authorization for medication/treatment	<b>Yes</b> - Medical attention is necessary
<b>Mild Respiratory or Cold Symptoms</b> Stuffy nose with clear drainage, sneezing, mild cough	<b>No</b> - Child may attend school if able to participate in class.
<b>Rash</b>	<b>No</b> - Body rash without fever or other symptoms usually does not require student to remain at home <b>Yes</b> -Seek medical advice for rash with fever, open and weeping wounds, or quickly spreading rash
<b>Vomiting</b> Vomiting is another way for the body to rid itself of the germs making it sick and is usually caused by a stomach virus or infection.	<b>Yes</b> - Keep students home if they have vomited 2 or more times in the last 24 hours. <i>Student can return when he/she has not had vomiting during the last 24 hours.</i>
Illness	Student must be at home ?
<b>Pinkeye (conjunctivitis)</b> Symptoms of pinkeye include eye redness, itchiness, discharge that forms a crust during the night that may prevent your eye or eyes from opening in the morning	<b>Yes</b> - If given antibiotics, please keep at home until he/she has taken the antibiotics for at least 24 hours. If your health provider decides not to treat your child, a note is needed.