

When Should Children Stay Home From School?

When a child wakes up with a runny nose and sore throat, parents may wonder whether to keep him or her home from school. Please take note of the following guidelines as to when children should definitely stay home:

- Vomit twice or more over a 24-hour period.
- Have an oral temperature of 100 degrees or greater.
- Constant cough
- Repeated bouts of diarrhea
- Abdominal pain for more than 2 hours
- Open, purulent, or draining sores on the body
- An unidentifiable skin rash
- Red eye/eyes
- Infested with lice or scabies

After having a fever, the child should be fever free for a full 24 hours before returning to school, not only for the child's own health but for the well being of those around him/her. Children with colds can go to school unless their symptoms prevent them from participation in normal activities. Children that have been diagnosed with a communicable disease requiring antibiotics, such as strep infection or pinkeye, should be excluded for a minimum of 24 hours after starting medication.

Please emphasize to your children effective ways to stay healthy: frequent hand washing, coughing/sneezing into their upper arm, keeping their hands away from their face, and protecting their immune systems by eating properly and getting enough sleep.

Sincerely,

Janet Brazas, School Nurse