



When Does A Student Or Teacher Need To Stay Home From School?

It is often hard to decide early in the morning if your child is too sick to go to school. It can be hard to tell if minor symptoms will get better or worse during the day. Use these guidelines to help you decide when to keep your child home.

- **Fever free without the use of fever-reducing medications for 24 hours** before returning to school)
- **Nausea and/or vomiting** (must be **symptoms free 24 hours** before returning to school)
- **Diarrhea** (must be **symptoms free 24 hours** before returning to school)
- **Uncontrolled/persistent coughing** (encourage your child to cough into the crook of their elbow to decrease the spread of germs)
- **Flu symptoms** – aching, low or high grade fever, coughing, headache, scratchy throat, chills, overall “sick feeling”
- Any time there is a **diagnosis that requires prescription antibiotics**, e.g. tonsillitis, strep throat or anything that could be transmitted to others – Keep your child at home until they have been **on the antibiotic and fever free without using medicines for 24 hours**.
- **COVID-19** symptoms - fever, shortness of breath or difficulty breathing, cough, chills, muscle pain, sore throat, new loss of taste or smell, runny nose - at least 3 days have passed since recovery defined as no fever without using fever-reducing medications, and improvement in respiratory symptoms, and at least 10 days since symptoms first appeared.
- **Conjunctivitis (pink eye)** – stay home until there is no more redness or drainage or itching, and the student has used eye drops for 24 hours (if prescribed by doctor.).
- Untreated **head lice or scabies** – student may return to school as soon as he/she has been treated and there are no live bugs. Retreat as needed. Nits (lice eggs) in the hair are not a reason for a student to stay home from school. After school, nits need to be combed out of the hair until none remain.
- **Open sores** - keep covered until there is no more drainage.
- Keep your child home until his doctor says it is OK to return to school.
- If your child is diagnosed by a physician with any contagious illness, notify the clinic.

Following these guidelines will help to keep students and teachers well and in the classroom. Thank you for your cooperation!