

# Guidelines for Parents

## WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

In order to be able to control communicable diseases in school, it is important to keep your child home when sick. This not only benefits your child but other children and staff in the classroom at school. Use the guidelines listed below should your child become sick, and do not hesitate to seek the advice of your healthcare provider.

Check your child every morning before sending him/her to school or childcare for any of the following influenza-like symptoms. If you are unsure of any symptoms, contact your school nurse for further guidance **before** sending your child to school.

- Fever of 100° F or greater
- Sore throat
- Cough
- Body aches

- Headache
- Chills
- Tiredness
- Vomiting and/or diarrhea

<b>WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SIGNS?</b>	If your child has any of these symptoms when it is time for school, it is best that he/she stay home. <b>NOTE:</b> If your child has <b>BOTH</b> a fever of 100° F or more <b>AND</b> a sore throat or cough it may be the flu. Report these symptoms to the child's school immediately and notify your healthcare provider.
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<b>WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?</b>	Generally, your child may return to school when he/she is free of signs of illness. However, there may be times when it is necessary for your child to see your source of medical care before returning to school. Any child with a fever above 100° F with flu-like illness must stay home until at least <b>24 hours after their fever is gone, without using fever-reducing medicines</b> like acetaminophen or ibuprofen; and, regardless of whether or not they are using antiviral drugs as the CDC recommends <b>BEFORE</b> returning to school. Please call your school nurse if you have any questions regarding a specific condition.
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<b>IF MY CHILD HAS SOMETHING OTHER THAN THE FLU?</b>	If your child has been diagnosed with a different disease such as strep throat, bronchitis, etc. follow your health care provider's recommendation when to return to school. Please provide a physician's note with the diagnosis upon return to school.
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