

Guidelines for Keeping Sick Children Home

Children learn best when they are healthy and well-rested. Please,for your child’s health and safety - AND for the health and safety of other children and staff – **keep sick kids home!**

| **Return to School Guidelines**  **STUDENT MAY RETURN TO SCHOOL 24 HOURS AFTER RESOLUTION OF ALL SYMPTOMS WITHOUT THE USE OF SYMPTOM REDUCING MEDICATION.** |
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***Keep your child home if they have:***

● **Fever:** If your child has a fever of 100.0℉ or greater, has body aches, new onset headache or looks or acts sick.

● **Vomiting and/or diarrhea:** If your child has vomiting and/or diarrhea. Additionally, if your child complains of a stomach ache, especially if she/he says it hurts to move and she/he does not want to eat

● **Congestion or Runny Nose:** If your child has new congestion or runny nose or a change in baseline for those with allergies or asthma. Your child may return to school once the runny nose is clear and the congestion is resolved; (see St. Alphonsus School health return policy above).

● **Sore Throat:** If your child has a sore throat and fever, or a severe sore throat without a fever. If diagnosed with Strep throat they may return to school after taking prescribed medication for 24 hours.

● **Cough:** If your child has a new cough or worsening cough or a change in baseline for those with allergies or asthma. If she/he has difficulty breathing or has a fever, call your doctor.

● **Contagious Diseases:** You should keep your child at home if she/he might spread a contagious disease to other children (i.e. chicken pox, Covid- 19, impetigo). You must inform the school if your child is diagnosed with a contagious disease. The child may return to school after taking prescribed medication for 24 hours or the healthcare provider has cleared them to return. Documentation must be provided to the school.

● **Head lice:** Confirmed live lice. Treatment is required before returning to school. The school nurse/staff can provide education regarding treatment and control of head lice as needed.

● **Pinkeye/Conjunctivitis:** Pink eyes with discharge. The child may return to school after taking prescribed medication for 24 hours.

\*For any of the illnesses or symptoms above, notify the school, and seek the advice of a medical professional if needed.

**~St. Alphonsus School Health Program Nurses~**