

## I NEED TO STAY AT HOME IF....

FEVER	VOMITING	DIARRHEA	RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY AND/OR ER VISIT
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or "crusty" drainage from eye	Hospital stay and/or ER visit

## I AM READY TO GO BACK TO WORK OR SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school.	Released by medical provider to return to work or school.
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**Fever:** (100.4°F or higher) is an important symptom when it occurs along with a sore throat, an earache, nausea, listlessness, or a rash. Most pediatricians advise parents to keep children home during the course of a fever and for an additional 24 hours after the fever has passed. (Fever-free without the aid of medication)

**Common Cold:** The symptoms of a common cold include a stuffy nose, sneezing, sore throat, and a hacking cough. A run of the mill cold is not a reason to keep your child home. However, if the symptoms are severe or your child has a fever it is a good idea to keep your child home to rest and get better rather than spreading the cold to other children at school.

**Flu:** Flu symptoms include fever, chills, cough, sore throat, headache, and muscle aches. With the flu, symptoms come on very quickly. It is a good idea to contact your child's doctor if he or she has these symptoms. The flu is a serious and contagious illness and children who have the flu should always stay home from school.

**Cough:** A bad cough can indicate a severe cold, bronchitis, flu, or even pneumonia. If your child is not acting "right", has difficulty breathing, or is becoming dehydrated, it could be serious and you should check with your doctor immediately.

**Strep Throat and Scarlet Fever:** A child with either strep throat or scarlet fever should be kept home and treated with antibiotics, as prescribed by a physician. After 24 hours on an antibiotic, a child is no longer contagious and - with the doctor's permission - may return to school fever-free without medication.

**Vomiting and Diarrhea:** Both conditions make a child very uncomfortable and being near a bathroom becomes a top priority. A single episode of diarrhea or even vomiting unaccompanied by any other symptoms may not be reason enough for the child to miss school. However, if your child has repeated episodes of vomiting and/or diarrhea accompanied by a fever, rash or general weakness consult a doctor and keep your child out of school until the illness passes.

**Chicken Pox:** Chicken pox is a viral disease. It is not life threatening but is very uncomfortable and extremely contagious. If your child has a fever, is itching and begins to sprout pink or red spots (with water centers) on the back, chest, and/or face the chances are good it is chicken pox. If your child has these symptoms, it is important for the school to know. Keep your child home for at least a week from the time you first noticed the symptoms and at least two days after the last spot has appeared, whichever period is longer.

**Conjunctivitis or Pink Eye:** This condition is highly contagious and uncomfortable, so take heed when your child complains of an eye or eyes that itch and/or burns and is producing a whitish discharge. Minor cases (caused by a virus) and severe cases (caused by bacteria) require treatment with prescription eye drops. Please keep your child home for 24 hours after starting treatment and your doctor says it's alright to return.

**Ear Infections:** Ear infections should be treated promptly and unless properly treated can cause permanent hearing damage. Here again, you should follow the 24 hour rule for fever and antibiotic therapy.