



WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

It's hard sometimes to decide whether to send your child to school when he or she doesn't feel well. It is very seldom an easy situation when your child is sick. Often, you have to consider work schedules, childcare arrangements, transportation and other family matters in that decision, and of course, you want what is **best** for your child's health.

We feel very strongly at SES that good attendance is extremely important to your child's success at school! However, there are also important health reasons for keeping your child home from school. Here are some well established medical guidelines to consider when you hear those words, *'I FEEL SICK: I DON'T WANT TO GO TO SCHOOL TODAY.'*

- **Fever** - Check your child's temperature with a thermometer. If the reading is **100.4 or higher**, **keep your child home**. It doesn't help your child's health to give medicine for a fever and then send them to school...that only **reduces the fever for a short time and doesn't take care of the illness that is causing the fever**. Coming to school sick (and possibly contagious) not only exposes other children to the illness, but also delays your child's healing time. Your child should be fever free and off all fever reducing medication for **24 hours** before he or she returns to school. While at home, encourage your child to drink plenty of fluids.
- **Bad Cough/Cold Symptoms** - Children with bad coughs need to stay home, and possibly see their health care provider. It could be a severe cold or something more serious. When the cough improves and the child is feeling better they may return to school.

- **Sore throat** - A minor sore throat is usually not a problem, but a severe sore throat could be a symptom of a more serious illness. If your child is diagnosed with Strep Throat, he or she may return to school **24 hours** after antibiotic treatment begins.
- **Rashes** - Common infectious diseases are contagious early in the disease. A child with a suspicious rash should return to school only after a physician states that it is OK to return to school.
- **Eye Inflammation or Discharge** - if your child's eye is red with a cloudy or yellow/green discharge; matted eyelids after sleep; eye pain and/or redness, you should keep your child home and, and contact your child's health care provider. If your child is diagnosed with pink eye, he or she may return to school **24 hours** after treatment has begun.
- **Vomiting/Diarrhea** - If the vomiting or diarrhea happens more than once or if it is combined with a fever, you must keep your child home.
- **Head Lice** - these small insects cause skin conditions that are uncomfortable and itchy. Students must be treated with a special over-the-counter shampoo. Careful removal of nits (eggs) is also necessary before he or she may return to school.

Kids who are truly sick will heal better and faster when they have proper rest at home, adequate fluid intake and proper nutrition. I am available for assistance @ 665-1451 during school hours if you have questions. I will always do my best to help you to make a good decision based on my experience and knowledge. **We have common goals with you - the health, safety and school success of your child.**

Remember to call my office number (665-1451) every day that your child is absent. Make sure that we have your current contact information in case your child becomes ill or is injured at school. If your child has a communicable disease, please notify me. In some cases it may be necessary for your physician to provide a medical release before your child may return to school.