



Should I keep my child home from School ?

During the cold and flu season this is often a difficult question for parents to answer. Although there are certain guidelines to follow, not all situations fit into the "guideline" categories. The following is an attempt to help you make a decision should your child not feel well.

<http://www.nationwidechildrens.org/child-care-and-illness-should-your-child-stay-home>

1. FEVER: When a child's temperature is 100 degrees or higher, this is an indication of illness and the child should be considered contagious. The child should remain at home until they are fever free (without Acetaminophen or Ibuprofen) for a full 24 hours. These products may bring a fever down, but do not cure the illness. The child's illness is still contagious to others. <https://www.nationwidechildrens.org/conditions/fever>

2. COMMON COLD: Irritated throat, congestion, sneezing, coughing, general body discomfort. If the child is fever free they may attend school unless symptoms are serious enough to interfere with their ability to function and learn or would interrupt the classroom, such as frequent coughing. <https://www.cdc.gov/antibiotic-use/colds.html>

3. VOMITING / DIARRHEA: A child should remain home until vomiting or diarrhea has subsided for a full 24 hours. However, there are sometimes other causes for an upset stomach such as anxiety, sinus drainage, motion sickness, some medications and even hunger. <http://www.nationwidechildrens.org/diarrhea-helping-hand> , <http://www.nationwidechildrens.org/vomiting>

4. STREP THROAT: Usually, Strep Throat begins with a fever, red and sore throat, and tender glands which may be accompanied by headache, nausea or vomiting. The child should remain home from school until receiving a full 24 hours of antibiotic therapy and no fever has occurred for 24 hours. Most physicians will advise rest at home for 1-2 days after a strep infection is diagnosed. <https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>

5. PINK EYE: 2 types - Viral and Bacterial. Both are contagious and have symptoms of red eyes, matted eye lashes, itchy, burning feeling to eyes. Viral has watery discharge and does not respond to antibiotics, the child should remain at home while discomfort and watery discharge are at worst stage. Bacterial has a pus like discharge and does need to be seen by a doctor who may prescribe an antibiotic. If prescribed an antibiotic, the child should remain home from school until receiving a full 24 hours of antibiotic therapy. If not prescribed, stay at home as described above for viral. <http://www.cdc.gov/conjunctivitis/>

6. EAR INFECTIONS: When to see a doctor for ear discomfort: pain lasting 2 days, ear discomfort with Temp above 100.4, discharge of blood or pus from the ear, if taking an antibiotic for ear infection and no improvement in a few days of beginning the antibiotic or symptoms worsen. Students can be in school if fever free and comfortable enough to participate in school all day (7 hours). <https://www.cdc.gov/antibiotic-use/pdfs/EAR-INFECTION-H.pdf>

Symptom Relief: <https://www.cdc.gov/features/rhinoviruses/>

Is it the Flu or a Cold? <https://www.cdc.gov/flu/symptoms/coldflu.htm>

Do you have COVID? <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Does my child need an Antibiotic?: <https://www.cdc.gov/antibiotic-use/pdfs/VirusOrBacteria-Original-P.pdf>

PREVENTION:

HAND WASHING and COVERING YOUR SNEEZE/COUGH: is the MOST effective way to prevent the spread of infectious diseases! Please take the time to review with your child good hand washing techniques to be used before eating, after using the washroom and throughout the day. Remind your child to cover their sneeze / cough with their arm (notice how well they cover their mouth) or tissue. An uncovered cough or sneeze can spread airborne germs up to 6 ft away.

HEALTHY: Dressing warm enough for cold weather, getting good nights sleep and eating healthy (fruits, vegetables, juices) help to maintain good health.