

Is Your Child Too Sick For School?

A few reminders to keep in mind as we enter flu and general sickness season. Also, if your child is sent home with a fever or for vomiting they are NOT permitted to come to school the next day.

3 Questions to ask yourself about your sick child:

1. Does your child have a fever? Fevers of 99.9° F or higher generally indicate illness so children should stay home from school. Children need to be fever free without the use of fever reducing medications (Tylenol, Motrin) for 24 hours before returning to school.
2. Is your child well enough to engage in classroom activities? If ill children are too tired or run down to attend school, keep them home.
3. Do you think your child has a contagious illness? If so, keep them home and take them to the doctor for confirmation and medication (if needed).

Additionally, if your child is sent home from school for having a fever or vomiting, they cannot return to school the next day.

If you are unsure whether to send your child to school, please contact your child's doctor's office or the school nurse (Nurse@st-ann-school.org).

A fever is the body's way of destroying the germs that are making it sick. It is a common symptom of many illnesses. Please keep your child home if their temperature is 99.9° F or greater.

Wait until children are fever free for 24 hours without the use of fever reducing medications before sending them back to school.

Diarrhea is often the result of infection, food poisoning, or a side effect to medications such as antibiotics. Keep children home until stools are formed and your doctor gives the OK for them to return to school.

Make sure your child stays well hydrated.

Vomiting is another way for the body to rid itself of the germs that are making it sick. It is usually caused by a stomach virus or a stomach infection. Keep children home if they have vomited in the past 24 hours. They can return to school after symptoms clear up and/or their doctor says they are no longer contagious.

Severe cough and cold symptoms should keep kids home from school. A serious cough or cold could be a symptom of a contagious condition such as a whooping cough, viral bronchitis, the flu, or croup.

Sore throats can be a symptom of strep or a common cold. If your child is diagnosed with strep throat, keep your child at home for at least 24 hours after starting antibiotics.

Pink eye (Conjunctivitis) is contagious. Children should stay home for at least 24 hours after starting antibiotics. Symptoms of pinkeye include eye redness, irritation, swelling and pus.

Headaches can happen for many reasons. If your child exhibits any other signs of illness along with their headache, they should be kept home.

Rashes can be a sign of contagious conditions such as chicken pox, bacterial meningitis, or impetigo. Children should be kept home until they are seen and diagnosed by a doctor. They can return to school once they are cleared to do so by their doctor.

Earaches are not contagious. If your child is fever free and feels well enough to concentrate and be present in class, there is no reason to keep them home.

Children with persistent ear aches could develop an ear infection. Ear infections should be diagnosed by a doctor so that appropriate treatment can be started.

If you have not already done so, please visit the school [nurse's webpage](#) and fill out the medication permission form, the consent to treat form, and the emergency contact form. It is important that we have current and accurate phone numbers in case we need to contact you in the event of an emergency.