

## When Should I Keep My Child Home from School???

We are heading into cold and flu season and the question always comes up: When should I keep my child home from school. Even though you want your child to attend school as often as possible, there will be days that you may need to keep your child home. Here are a few instances to use as a guideline for this difficult decision.

**Fever:** If your child's temperature is 100 degrees or greater he/she should remain home until he/she has been without a fever for 24 hours (that means no fever without Tylenol or Advil). So if your child came home from school with a fever, he/she should not return the next day.

**Rash:** If your child has a rash of unknown origin, a physician should evaluate it before they are sent to school.

**Pink-eye:** This is very contagious! If your child's eye is red and swollen, itches or burns, and has discharge coming from one or both eyes (especially if he/she wakes with crusted eyelids), he/she may need to be evaluated by their doctor. Once on the prescription eye drops for 24 hours, he/she may return to school.

**Strep Throat:** Symptoms include fever, sore red throat, and tender swollen glands of the neck. If not treated, it can progress to scarlet fever which has all the symptoms of strep throat as well as strawberry appearance to the tongue and skin rash. High fever, nausea, and vomiting can also occur. Antibiotics must be taken for 24 hours before your child may return to school. Be sure to change his/her toothbrush after 24 hours on the medication. Finish the entire prescription or the bacteria will begin growing and becoming stronger.

**Vomiting or Diarrhea:** Never send your child to school with vomiting or diarrhea. If they occur during the night, he/she should remain home the following day. Again, he/she should be able to eat a meal and have no vomiting or diarrhea for 24 hours before returning to school.

Remember these guidelines will promote the health of your child and keep others in the classroom from contracting unnecessary illnesses. You may contact the Health Care Coordinator for any questions by calling the school office.

### **Additional helpful information:**

Students may not carry medication to school or school functions. Students may however carry inhalers and epipens if they have a form signed by the parent and physician on file in the clinic. An extra epipen **MUST** be kept in the clinic if the student carries one. A new form must be completed each school year.

If medication needs to be given at school, a form must be filled out and signed by the parent and the medication brought to school by the parent. If it is a prescription, a form needs to be filled out and signed by both the parent and the physician. If your child is sick and at the doctor's office or emergency room and a prescription medication is ordered, you can have them download a copy of the form from our school website and fill it out right there. Hopefully this saves all of us some time and energy. You can find all the medical forms by going to our school web site: [www.bbhcsc.org](http://www.bbhcsc.org) (the district page) then click on Families, then Health and Wellness, and choose Health Forms. Remember that cough drops are medication and only in grades 4-12 may the student may carry them, they still require a medication form.

For questions or concerns, please contact the Health Care Coordinator, Lisa Witzke-440- 740-4706.