



# Tips for Parents with Sick Children: When Should Your Child Stay Home From School?

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

This chart will help you determine whether to keep your child from attending school because of a health issue (Courtesy of PPS - <http://www.pps.k12.or.us/back-to-school/4262.htm>).

Student's symptoms/diagnosed illness	Student may return to school when
Fever greater than 100 degrees (orally)	Temperature below 100 degrees (orally) for a minimum of 24 hours without use of fever-reducing medication
Rash or rash with fever — new or sudden onset	Rash disappears; written or phone consent from a medical doctor to school office
Brown, gray, tan or yellow drainage from nose, eyes or any other part of the body	Discharge must be gone or student must have been on antibiotics for 24 hours and have written or phone consent from a medical doctor to school office
Vomiting/diarrhea	Symptom-free for 24 hours
Cough: Deep, barking, congested or productive mucous	Symptom-free or student must have been on antibiotics for 24 hours and have written/phone consent from a medical doctor to school office
White, clay-colored, or bloody stool Yellow skin and/or eye color Brown or bloody urine Stiff neck or headache with fever	Symptom-free or written/phone consent from a medical doctor to school office
Unusually sleepy, lethargic or grumpy	Symptom-free
Strep throat diagnosed by a medical doctor	Must have been on antibiotics for 24 hours and have written/phone consent from a medical doctor to school office; if no antibiotic given, call school office before sending child to school
After an illness of two or more weeks, surgery, or other change in health status	Written instructions from the doctor and parent regarding medication or special health needs must be provided to the school office
Bad cold, with a <u>very runny nose</u> or <u>bad cough</u> especially if it has kept the child awake at night	Symptom-free or written/phone consent from a medical doctor to school office
Head lice	No live nits

If your child becomes ill at school and the teacher or school staff members feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that the school office has a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness, should your child not be able to stay home alone. If your daytime or emergency phone number changes during the year, please notify your child's teacher immediately.

Some students have medical conditions that can become life threatening when they are exposed to measles, chicken pox/shingles, fifth disease, rubella and hepatitis. Please tell the school promptly if your student is diagnosed with these or any new and changing health problems that might cause learning or safety problems for your student or others.

Please call the office if you have any questions or concerns: 503-718-6500.