



## **When should a child stay home from school?**

Regular school attendance is necessary for optimal learning. However, a mere presence at school does not ensure effective learning. A child must be feeling well to maximize the learning experience. In addition, a child who is sick and comes to school may spread the illness to other students and staff. It is recommended that a child remain home if any of the following conditions are present:

**FEVER:** The child should remain at home with a fever greater than 100.4 degrees. The child can return to school after he/she has been fever-free for 24 hours (without the use of fever-reducer medicine such as Tylenol or Motrin).

**DIARRHEA/VOMITING:** A child with diarrhea and/or vomiting should stay home and return to school only after being symptom-free for 24 hours. A child who has been ill during the night may feel slightly better in the morning and even ask to go to school. However, the child will likely experience symptoms of illness later, will also be tired from loss of sleep, and may still be contagious to other children.

**CONJUNCTIVITIS (PINK EYE):** Pink eyes with a watery discharge are often viral and not normally treated with medication. Pink eyes with a stringy discharge that may cause the lids to stick together, especially after sleeping are often bacterial and should be evaluated by a medical provider. If medication is prescribed, the child may return to school 24 hours after the first dose of the medication.

**RASHES:** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.

**COLDS:** Consider keeping your child at home if he/she is experiencing excessive nose blowing and/or coughing.

**HEAD LICE:** A child with live head lice will not be allowed to remain in school. Special shampoo is available to treat lice. Nits (eggs) should be removed. A child who has been treated for head lice must be seen by the school nurse before they can return to school.

**P.E. / RECESS EXEMPTIONS:** A doctor's note is required for any student who needs to be exempt for gym or recess. A child who has started antibiotics needs to be on the medication for 24 hours before they are considered noncontagious and able to return to school. When a child returns to school, he/she should be able to participate in all school activities including physical education. Remember, it is an extremely long day for a child who is sent to school ill. Not only is it difficult to concentrate and learn if repeatedly coughing or blowing your nose, but also it creates disruption in the classroom and affects the concentration and learning of your child's classmates.

**MEDICATION IN SCHOOL** – Board of Education policy and State of Connecticut regulations do not allow school nurses to administer any medication (including over the counter medication such as Tylenol)

unless we have both written prescription from a licensed health care provider and written permission from the student's parent or guardian. Medication Administration forms are available from your school nurse or can be found on the State Department of Education website at:

<http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/MedicationForm.pdf>

Please DO NOT send your child to school with instructions for the school nurse to determine if they are sick or injured. As a parent, you are the best judge of your own child's wellness and medical needs. You know your children best. If they do not seem well, they probably are not. If necessary, keep them home and consult a health care professional