

Sick Day Guidelines for Parents

SHOULD I KEEP MY CHILD HOME OR SEND HIM OR HER TO SCHOOL?

School policy requires a child stay home if he or she:

Has a temperature of 100.0 degrees or higher

Has been vomiting (at least 2x in 24hr)

Has diarrhea (watery stool x 3 in 24hr)

Your child may attend school, but monitor the following symptoms that could be the sign of a developing infectious illness:

- * Very tired and weak or lack of appetite. Dehydration will worsen symptoms. Push fluids as needed.
- * Cough that he or she has trouble controlling. Teach children to cough or sneeze into their sleeve if they do not have a tissue available. This will help in the prevention and spreading of colds and the flu.
- * Sneezing often, with thick, green, yellow, or white nasal discharge. Teach student to wash hands after blowing nose or sneezing and to discard tissue in trash promptly after using.
- * Persistent headache, body aches, or severe earache. Watch temperature and remain at home with a temp 100.0 degrees or greater. Call your healthcare provider if any of these symptoms are prolonged.
- * Severe sore throat – a slight sore throat is okay for school, but a severe, prolonged sore throat could be strep throat, even without a fever. Other signs of strep throat in children are a headache, white spots in back of throat, blisters in throat, upset stomach or rash. Call your healthcare provider if your child has these signs; a special test may need to be run to know if it is strep throat.
- * Stomach ache/pain- Persistent pain that does not go away after using restroom may need to stay home from school. Viral gastroenteritis, also known as the stomach flu, is most common November-April. Monitor for cramping, nausea, diarrhea, and dehydration. If gastroenteritis is suspected, your healthcare provider may need to be called.

THE 24 HOUR RULE:

FOR FEVER: Keep your child home until his/her FEVER has been gone **WITHOUT** medicine **for 24 hours**. Returning to school too soon may slow recovery and make others sick.

FOR VOMITING OR DIARRHEA: Keep your child home for **24 hours** after the **LAST** time she/he vomited or had diarrhea.

FOR ANTIBIOTICS: Keep your child home until **24 hours** after the **first** dose of antibiotic for anything like strep throat or other contagious illness.

Remember, hand sanitizer does not take the place of washing hands with soap and warm water and should only be used when soap and water are not available. Avoid touching eyes, nose and mouth to prevent the spread of germs and avoid close contact with people that are sick.

PLEASE HELP PREVENT THE SPREAD OF ILLNESS BY KEEPING YOUR CHILD HOME WHEN THEY ARE SICK

GOOD HYGIENE IS THE FIRST LINE OF DEFENSE FOR STAYING WELL! WASH YOUR HANDS OFTEN!

FOR MORE INFORMATION CONTACT: Megan Wriggle, RN 903-392-7850 ext. 1160 or 4109