



NURSE'S CORNER

SHOULD YOU KEEP YOUR CHILD HOME?

Parents often wonder under what circumstances their child should be kept home from school. While parent's intuition is often the best guide, here are some additional factors to consider:

1. **Elevated temperature:** If your child's temperature is greater than or equal to 100 degrees, he/she should stay home until he/she is fever free for 24 hours without the use of medicine (Tylenol/Motrin). It is important that the temperature be checked prior to the use of fever reducers.
2. **Diarrhea:** If your child has diarrhea (loose, soft, watery, runny stools), he/she should stay home until the child has been free of diarrhea for a full 24 hours and has resumed a normal diet.
3. **Vomiting:** If your child has vomited during the night, he/she should stay home until the child has been free of vomiting for a full 24 hours and has resumed a normal diet. There is a difference between indigestion/reflux and vomiting.
4. **Poor sleep:** If your child has symptoms that have prevented him/her from sleeping during the night, such as an asthma flare-up or severe cough, he/she should stay home.
5. **Cold symptoms:** *Most children have several colds per year.* However if the drainage is thick and green or if you child has a persistent or productive cough please have your child stay home and consider consulting with your child's doctor. A constant dry cough can be a sign of more serious respiratory problems and the doctor should be notified.
6. **Redness or discharge from the eyes:** If your child woke up with one or both eyes red, sealed with discharge, and/or is itchy or painful, he/she should stay home, and be seen by their health care provider. If it's pink eye/conjunctivitis the child is required to have treatment (eye medicine) for a full 24 hours prior to returning to school as pink eye is very contagious.
7. **Sore throat/ear pain:** If your child is complaining of significant ear or throat pain, he/she should stay home and be seen by their health care provider
8. **Rashes:** Rashes can be difficult to evaluate. Skin rashes of unknown origin should be evaluated by a physician before your child is sent to school as they could be a sign of allergy, poison ivy/oak/sumac, 5th Disease or many other things.

Please do not send your ill or injured child to school and ask the nurse to "check him/her out". If you think your child needs assessment, contact their health care provider.

I hope these guidelines assist you in making the best choices for your child. If you have any questions/concerns, please call your school nurse.