

WHEN SHOULD MY KIDS STAY HOME?

As parents with hectic schedules and high achieving students, we often struggle with the decision to keep our kids home when they are ill. Simply put, children should not be in school when they are contagious to others or too sick to learn.

The most common contagious culprits are: Fever, Chicken Pox, Strep, Vomiting or Diarrhea, Skin Infections, Eye Infections, Parasitic Infections i.e. Lice or Scabies.

Assuming that your child does not have a contagious illness that would require them to be out of school for longer, they should be free from fever (without requiring fever-reducing medication), vomiting or diarrhea for 24 hours before going back to school.

With most illnesses, the fever tends to go up in the latter half of the day. A child with a viral illness may have no fever when he wakes up in the morning, but by early afternoon he may be quite uncomfortable with high fever again. To be sure that the fever has resolved, it is best to give a full 24 hours before sending the child back to school.

Children are uncomfortable when they have a fever and often will have difficulty concentrating, so even if they have no other symptoms, it is best to have them at home.

The school nurse works with parents, students and teachers; often, she is the liaison between these three.

The school nurse should be notified if your child:

- Is sick and will be out of school for an extended period of time;
- Is having surgery;
- Is diagnosed with strep throat, conjunctivitis (pink eye), mononucleosis, flu, chickenpox, ringworm, lice or Fifth's disease;
- Needs to be excused from physical education;
- Has been diagnosed with a new and/or chronic medical condition;
- Is starting or discontinuing a medication; or
- Has been injured in a school related activity

