

## WHEN SHOULD MY KIDS STAY HOME???

This is an issue that as parents with hectic demands we often struggle with. The answer is really quite simple. 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 him being out of school for longer, in most cases they should be free of 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 later 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 broken, 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.

### Some Tips From the CDC:

#### GOOD HEALTH HABITS

Cover your mouth and nose with a tissue when coughing and sneezing. This may prevent those around you from getting sick.

Avoid close contact with those who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

**The school nurse works in partnership with parents, students and teachers; many times, she is the liaison between these three.**

The school nurses should be notified:

- if your child is sick and will be out of school for an extended period of time
- if your child is having surgery
- if your child is diagnosed with strep throat, conjunctivitis (pink eye), mononucleosis, flu, chickenpox, ringworm, lice or Fifth disease
- if your child needs to be excused from physical education
- if your child has been diagnosed with a new medical condition
- if your child is starting on new medication or discontinuing one
- if your child has been injured in a school related activity

