



Notes from the School Nurses

A Nurse's Guide- When to Stay Home From School

Fever is the body's way of destroying the germs making it sick, and it's a common symptom of infections. Keep your children home if their temperature is 100.4° F or higher. Wait until children are fever-free without a fever reducing medication before letting them return to school.

Diarrhea is often the result of infection, food poisoning, or a side effect to medications like antibiotics. Keep your child home until they are free from diarrhea for 24 hours.

Vomiting is another way for the body to rid itself of the germs making it sick, and is usually caused by a stomach virus or stomach infection. They can return to school when they are symptom free for 24 hours and tolerating fluids.

Sore throat can be a symptom of strep or a common cold. If your child has a mild cold, sore throat with no fever it is okay to go to school. If your child has been diagnosed with strep throat, keep your child at home for at least 24 hours after starting antibiotics.

Pinkeye (conjunctivitis) The American Academy of Pediatrics no longer recommends staying home from school for pinkeye unless a child is not able to avoid touching their eye, or has a fever over 100.4°F.

Rashes generally are okay to attend school. You can call the school nurse to assess if you are concerned. If there is a fever with the rash, keep your child home.

Lice we do not exclude from school, once identified, we notify the parent and the expectation is that they be combed out, treated and return to school the next day. Please remind your child to not share hats, hairbrushes, or hair accessories with others, and to avoid head contact with friends.

Earaches are not contagious. There's no need to keep a child with a mild earache at home.

Mild cold or respiratory symptoms are no reason to keep children at home.