

When to Keep your Child at Home

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Sometimes it is hard to tell if your child needs to go to school or stay home. Here are a few tips to help you make the best decision.

FEVER:

A temperature taken orally, that is over 100 degrees Fahrenheit, is considered a fever. Children should be fever-free for at least 24 hours, without the aid of fever reducing medicines, before sending them back to school.

VOMITING:

Anytime a child vomits, he/she needs to be isolated from other children for 24 hours. If your child vomits in the night, keep him/her home from school the following day.

DIARRHEA:

Watery loose stools that occur more than 2 times during a 24 hour period should be reason to stay home from school. Please keep your child hydrated during this time. Call your physician if unable to keep down fluids and the diarrhea persists.

COLDS:

A runny nose by itself is not necessarily cause to keep your child home. However, if the runny nose is accompanied by a headache or nausea or the child is too tired to concentrate on school work, he/she is probably too ill to come to school.

Also consider the color of the nasal discharge. A clear discharge is usually seen in allergies or at the onset of a viral infection. A bacterial infection can produce yellow or greenish colored discharge from the nose. See your physician if you suspect a bacterial infection. Other symptoms of a sinus bacterial infection are fatigue, sore throat, especially first thing in the morning, headache and stomachaches.

RASH:

Any rash of unknown cause should be considered contagious. Please have your child examined by a physician to determine the cause and communicability of the rash before sending him/her to school. A note or letter will be required explaining the diagnosis and communicable nature.

CHICKENPOX:

A child with varicella should stay out of school for the first 6 days after the appearance of the first pox or until all the lesions have dried and crusted over. Please call the clinic office.

INFESTATION:

This includes head lice, scabies, etc. Your child should not return to school until 24 hours after treatment has begun.

PINKEYE:

A child with red or pink conjunctiva (the covering of the eye ball and the inside of the eyelids) and discharge, usually white or yellow, with matting of the eyelids and difficulty opening the eyes should stay home until treatment has started. Your child can return to school after 24 hours of treatment.

**** Please do not confuse this with hayfever or allergies that affect the eyes, and cause watery sometimes itchy eyes.**** Children with this type of eye condition are able to come to school without the above conditions.

STREP THROAT:

The best way to diagnose a streptococcal / pharyngitis infection is with a throat swab/culture. This is done at a physician's office or walk-in clinic and can be done rapidly. If the swab is positive, your child must be on 24 hours of antibiotics and be without a fever for 24 hours before returning to school.

**** Strep throat symptoms include: fever, sudden onset of a sore throat, redness to tonsillar area, occasional patchy spots to back of throat or roof of mouth, nausea, abdominal pain, tender lymph nodes in neck area.

STOMACHACHES

Children have various reasons as to why their stomach aches. This could be from the food they may have eaten, a need to have a bowel movement, not sleeping well, stress and worries or an oncoming illness. Please use your best discretion as you know your child best.