



When should your child stay home from school?

Even though it might be inconvenient for your child to stay home from school, there are definitely times when he or she needs to stay home. A general rule to follow is if your child can't participate in normal activities or play, then he or she should stay home to rest.

Generally, a parent/guardian can tell if a child is sick by how the child "looks" or "acts". One specific thing to look at is your child's eyes. Are they "dull" or "cloudy" rather than their usual clear sparkle?



Any one of these symptoms warrants staying home from school:

- ✓ Vomits at least twice over the previous 24-hours.
- ✓ Has an oral temperature higher than 100.
(A child's temperature is lowest early in the morning. The child could be sick but have a normal temperature in the morning that rises throughout the day.)
- ✓ Coughs almost constantly or has difficulty breathing.
- ✓ Repeated bouts of diarrhea or bloody stools.
- ✓ Exhibits abdominal pain for more than two hours.
- ✓ Has open mouth sores.
- ✓ Displays a skin rash or red eye, and you don't know why.
- ✓ Is infested with lice or scabies.
- ✓ Shows symptoms of contagious diseases such as chicken-pox, German measles, hepatitis A, impetigo, measles, mumps, shingles, strep throat or whooping cough.
(Children can get vaccinations against some but not all of these.)



Questionable symptoms:

Ear infections

They aren't contagious, so if a child is not in much pain and doesn't show other symptoms, going to school is acceptable.

Colds

Since colds are most contagious in the early stages of the illness (sometimes before symptoms appear), you should keep them home if their symptoms prevent them from participating in normal activities.



Continued on Back →





Summer Day Camps

Fit & Active Facts

Week 9: Common Illnesses



Remind your Kids!

Illnesses spread easily when children are in close contact in a school setting. A couple of ways to prevent illness is by not sharing food, drinks, and clothes, throwing away used tissues, and washing hands frequently using soap or hand sanitizer. Wash hands especially before eating and immediately upon arriving at home.

Common Illnesses

When to Keep Child Home

How to Avoid Spreading

CHICKEN POX

This is a herpes virus that causes fever, blistering, and an itchy, pimple like rash. It is usually transmitted by direct contact with lesions or airborne respiratory secretions.

As long as fresh lesions continue to form, keep your child home. This can occur for three to seven days after the rash begins.

Keep your child away from those at home who have not had it. Since the virus can be contagious as early as two days before the rash shows up, you should notify your daycare or school and the parents of kids your child has played with during this period

COLD

Colds are viral infections that bring on runny noses, scratchy throats, lethargy, and sometimes fever, vomiting, diarrhea, or stomach aches.

When there is a fever of about 100.4 degrees, accompanied by symptoms like excessive lethargy, vomiting, or diarrhea, keep your child home.

Encourage your child to wash their hands often to prevent spreading the cold. A cold can last from seven to ten days. Try to sneeze into a tissue or crook of your elbow and cover mouth when coughing.

PINKEYE

Pinkeye is typically a viral or bacterial infection producing watery, itchy, often pinkish eyes, which may appear crusted-over after sleeping. A thick, yellow discharge generally indicates that the cause is bacterial.

Keep your child home as soon as infection is suspected, and for 24 hours after beginning antibiotic treatment. Some daycare centers and schools advise that the child stay home as long as the eye is infected, which is about three to seven days.

Frequent hand washing is crucial since the infection is often passed from a child's eye to their hands. The other eye can also get infected and it can be passed to someone else.

HEAD LICE

An infestation of tiny bugs that live and breed on the scalp and cause intense itching.

Many schools have adopted a "no-nit" (lice eggs) policy because lice are so easily passed from person to person. Once a child begins treatment with a lice shampoo, it usually takes 24 hours before most of the lice are killed and the nits can be removed with a comb. Head check should continue for 10-14 days.

Until the condition clears up, your child should avoid close contact with other kids as well as sharing combs, hats, or towels.

FLU

A virus that usually attacks between October and April, peaking in the winter months. Symptoms include severe, all-over body aches, vomiting, high fever, chills, and often nasal congestion and sore throat.

As long as fever is about 100.4°F, and body ache, lethargy, and digestive problems last, (which is usually five to seven days), keep your child home.

The flu is passed in droplets that are coughed or sneezed into the air or rubbed on hands or belongings so frequent hand washing and tissue use are important.



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing**

