



# HEALTH GUIDANCE FOR GOING TO SCHOOL

*Showing up to school every day is critical for children's well-being, engagement and learning.*

## MAKE SURE TO SEND CHILDREN TO SCHOOL IF THEY ARE:

- Generally healthy and well
- Participating in usual day-to-day activities

## CHILDREN CAN EVEN GO TO SCHOOL IF THEY:

- Have a mild cold, which may include a runny nose and/or cough
- Have eye drainage without fever, eye pain, or eyelid redness
- Have a mild stomachache
- Have lice nits. If live lice are found, the guardian will be instructed to remove live lice after the end of the school day.
  - *Though they are annoying and should be treated, lice are not a reason to exclude a child from school. (This is consistent with the guidance provided by DPI, AAP, CDC, and DHS.)*
- Haven't had a fever for 24 hours and have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details. *Note: In most situations, a healthcare provider's note is not needed to return.*



Children may also avoid school due to anxiety. Symptoms may include:

- decreased appetite
- feeling tired
- stomachache
- headache etc.

If you are worried that your child may be suffering from anxiety, talk with your student's Classroom Teacher, the School Nurse, Social Worker, or other School Staff to discuss the challenge and identify what can help your child stay in school.

# REASONS TO KEEP STUDENTS HOME FROM SCHOOL AND WHAT NEEDS TO HAPPEN BEFORE THEY CAN RETURN

SYMPTOM	WHEN SHOULD YOUR STUDENT STAY HOME?	WHEN CAN YOUR STUDENT RETURN TO SCHOOL?
<b>Fever</b>	They have a fever of 100.0°F (38°C) or higher.	If they are fever free for 24 hours without the use of fever-reducing medication and are feeling better.
<b>Vomiting and/or diarrhea</b>	If they have vomited or have had diarrhea in the last 24 hours. If their stool is watery, they may not make it to the toilet in time.	Once a normal diet is tolerated for 24 hours and they are feeling better.
<b>Cough</b>	If they have a persistent cough with difficulty breathing or with a fever.	Once they are feeling better and any remaining cough is not distracting to themselves or others.
<b>Rash</b>	If a rash has blisters, is draining, is painful, and spreading and or accompanied by a fever it needs to be examined by a health care provider.	Once the rash has no new bumps, has dried, or they have been cleared for return by your health-care provider.
<b>Sore throat</b>	If they have painful swallowing when drinking or eating along with other symptoms such as a fever or rash.	Once they are feeling better. If they were prescribed an antibiotic by your health-care provider, then they can return 24 hours after the first dose, if they are without fever and feeling better.

If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's Healthcare Provider, local urgent care, or the School Nurse.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your School Nurse about developing a plan with you and your child's Healthcare Provider to keep your child healthy and safe while attending school.

*Information included was collected from Attendance Works, Kaiser Permanente, and the National Association of School Nurses (NASN).*

