

# Tips for Parents from the School Health Office

A child who is sick will not be able to perform well in school and is likely to spread illness to other children and staff. We suggest making a plan for child care ahead of time so you will not be caught without a comforting place for your child to stay if they are ill.

Many parents ask, “When is my child sick enough to stay home from school?” This is not always an easy question to answer and we hope these tips will help.

Our school policy states that you should not send your child to school if they have:

- Fever in the last 24 hours
- Vomiting in the last 24 hours
- Diarrhea in the last 24 hours
- Chills
- Sore throat
- Strep throat(must be on an antibiotic for a full 24 hours before returning to school)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night
- Head lice – until your child has been treated – bring child in to the health office to be checked when returning to school

Even though you keep your child home ill, you may call and make an appointment with the school nurse practitioner for your child to be seen

If your child has been injured or recently been ill and needs to be excused from gym, a doctor’s note is required. Note that if your child is excused from gym, he/she is also excused from recess and sports.

If your child becomes ill at school and their teacher or the school nurse feels they are too sick to benefit from school or are contagious to others, you will be called to come and take them home. It is essential that we have a phone number where you can be contacted during the day and an emergency number in case you cannot be reached. Please be sure that arrangements can be made to transport your child and that child care is available in case of illness. If your day time or emergency phone numbers change during the school year, please be sure to notify the school immediately.