

## **Send Home-Stay Home Guidelines**

**The following are guidelines covering some, not all, conditions that may require your student to stay home or be sent home from school. If your child is sent to the school nurse during the day, a nursing assessment will determine if your student needs to be sent home. Please call your school nurse with any questions or concerns.**

### **Fever**

Fever is generally defined as a core body temperature of 100.4 F or greater (not 104.). **A reading of 100.4 F, or greater, with any thermometer is a fever.**

Your student should be without fever for a full 24 hours, **without fever-reducing medication**, before returning to school. This is because sick children often do not develop fever until the afternoon or evening. If your student has a fever, **do not** give a fever-reducing medication (Tylenol, Advil, etc.) then send them to school.

### **Vomiting**

If vomiting is not likely due to diagnosed reflux, or is not an anxiety-related symptom, you should observe them for at least 1 hour before sending them to school. If your student has vomited twice in the last 24 hours, please keep your student home.

### **Diarrhea**

Vomiting and diarrheal illnesses can be extremely contagious. Encourage your student to wash their hands with soap and water after toileting and before eating. If your student experiences a few episodes of diarrhea, they may be able to go to school. If there is blood or mucus in your student's stool, your student should be evaluated by their health care provider and return to school guidance will be given.

### **Sore Throat**

Most sore throats occur due to a mild viral illness and will self-resolve. If your student does not have fever and does not feel otherwise ill, they may attend school. If the sore throat is accompanied by other symptoms such as headache, stomachache, and/or rash, your student should see their healthcare provider to rule out strep throat or other contagious illnesses. If your student is diagnosed with strep throat, they may return to school 12 hours after their first antibiotic dose.

### **Red or Runny Eyes**

Conjunctivitis is inflammation of the thin tissue covering the white part of the eye and the inside of the eyelids. Symptoms can include red or pink, itchy, painful eyes with drainage. Conjunctivitis may or may not require antibiotics depending on the severity of symptoms. If you suspect that your student may have pink eye, contact your health care provider for guidance. Hand hygiene should be emphasized with any student with suspected pink eye to minimize contagiousness.

### **Flu or COVID**

If your student has tested positive for the flu or COVID, please follow the guidance given from your healthcare provider. Your student should be fever free for 24 hours without the use of fever reducing medications and have symptom improvement.

