

COMMON ILLNESS GUIDELINES

COLD/FLU: The common cold presents the most frequent dilemma for parents. A child with a “mild” cold but otherwise feeling well may go to school. A child with a “heavy” cold, (severe, uncontrolled coughing or wheezing; difficulty breathing due to severe congestion) should remain at home.

FEVER: A fever is a warning sign that something is not right with the body. Your child’s temperature should be below 100 degrees for 24 hours before returning to school. If your child has a temperature at school we will contact you and ask that the child be taken home.

RASH: A rash may be the first sign of one of childhood’s many illnesses; do not send a child with a rash to school until a doctor has said it is safe to do so.

STOMACHACHE-VOMITING-DIARRHEA: Consult your doctor if your child has a stomachache that is persistent or severe enough to limit his/her activity. If vomiting occurs, keep your child home until he/she can keep solid foods down. A child with diarrhea should be kept home.

SIMPLE GUIDE: Children should be kept home if they have diarrhea, vomiting, severe cough or cold, undetermined rashes, or a temperature of 100 degrees or above. The child must be fever-free for 24 hours before returning to school. Consultation with your doctor is essential if there are any questions or concerns

IF YOU SUSPECT YOUR CHILD IS ILL, KEEP HIM/HER HOME...

It sounds simple but teachers are often faced with students who are too sick to learn, and they in turn affect the well being of the entire classroom.